

INFORMATION FOR PATIENTS WHO HAVE BEEN PRESCRIBED **DUKORAL**[®]

To be read in conjunction with the DUKORAL Consumer Medicine Information.
Not to be left in waiting rooms or public areas.

WHAT IS DUKORAL?

DUKORAL is an oral vaccine used to help protect against cholera. It is recommended for people who are travelling to an area where there is a risk of cholera, and who are at high risk of infection. Ask your doctor if you have any questions about why DUKORAL has been prescribed for you.

What is cholera?

Cholera is an infection caused by eating or drinking contaminated food or water that can lead to the sudden onset of diarrhoea. Severe symptoms of cholera include profuse watery diarrhoea, nausea and vomiting. Symptoms can occur quite suddenly, sometimes within hours, and usually last between five to seven days.

Who is at risk of cholera?

Travellers to developing countries including Africa and South East Asia where cholera exists and access to adequate sanitary conditions, clean water and medical facilities are limited, are at increased risk of cholera. People with certain medical conditions may also have a higher risk of acquiring cholera. DUKORAL may be recommended for these travellers to help protect against cholera.

Ask your doctor if you have any questions about risk factors for cholera or why you have been prescribed DUKORAL.

How is cholera spread?

Cholera is usually spread by eating or drinking contaminated food and water supplies, including water used for drinking and washing. Raw or undercooked seafood, and raw, unpeeled fruits and vegetables are also frequent sources of infection in areas where cholera is endemic.

How is cholera prevented?

Your doctor has prescribed DUKORAL to help protect against cholera. Clean hygiene practices still remain essential to prevent cholera.

Important measures to help protect against cholera include careful selection of food and water and good hygiene:

- Wash hands frequently with soap and clean water.
- Avoid ice in drinks and use only sealed, bottled water or water you've boiled or disinfected for drinking or brushing your teeth.
- Choose foods that are packaged or that are freshly prepared and served hot.
- Do not eat raw or undercooked seafood and meat.
- Avoid fresh fruits and vegetables that can't be peeled and may have been washed in contaminated water.

Ask your doctor for further advice on preventing illness while travelling.

HOW TO TAKE DUKORAL®

DUKORAL®
Oral, Inactivated Cholera vaccine

ADULTS and children over 6 years



1-6
WEEKS



**TAKE 2ND DOSE AT LEAST 2
WEEKS BEFORE TRAVELLING
FOR BETTER PROTECTION**



- Dissolve the effervescent powder in approximately 150 mL of cool water to make the buffer solution.
- Shake the vaccine vial gently and add the contents to the buffer solution.
- Mix well and drink the mixture. Mixture should be drunk within 2 hours of preparation.

CHILDREN 6 years of age and under



1-6
WEEKS



1-6
WEEKS



**TAKE 3RD DOSE
AT LEAST 2 WEEKS
BEFORE TRAVELLING
FOR BETTER
PROTECTION**



- Dissolve the effervescent powder in approximately 150 mL of cool water to make the buffer solution.
- After dissolving the effervescent powder in 150 mL of cool water, pour away half the amount of buffer solution leaving approximately 75 mL.
- Shake the vaccine vial gently and add the entire contents to the 75 mL of buffer solution.
- Mix well and drink the mixture. Mixture should be drunk within 2 hours of preparation.

- Avoid food and drink and other oral medications for 1 hour before and after vaccination.
- Each dose should be taken at least one week (and no more than six weeks) apart. If more than six weeks have passed between doses, talk to your doctor or pharmacist.
- If you do not understand the instructions in this leaflet or on the box, ask your doctor, nurse or pharmacist for help.
- Store DUKORAL in a refrigerator, between 2°C and 8°C. Do not freeze DUKORAL.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF DUKORAL?

The most common side effects include diarrhoea and stomach symptoms such as pain, cramps, gurgling or bloating, gas or general stomach discomfort. Ask your doctor, nurse or pharmacist for further information about cholera and DUKORAL. Additional information on DUKORAL can be found in the Consumer Medicine Information leaflet in the package.