

CIPROFLOXACIN

Ciprofloxacin for the Prevention of Meningococcal Disease

Meningococcal disease is caused by bacteria called *Neisseria meningitidis* found in your nose and throat. These bacteria can cause serious and life-threatening infections including meningitis, an infection of the lining that covers the brain, and septicemia, an infection of the blood. Fever, severe headache, and stiff neck may be signs of a meningococcal infection. Meningococcal infection is spread from person to person by coughing, sneezing or close face-to-face contact. It can also be spread through saliva through activities such as using the same eating utensils; kissing; drinking from the same glass or water bottle; or sharing joints, cigarettes, musical mouthpieces, or lipstick.

Ciprofloxacin is an antibiotic prescribed for close contacts of people who are ill with meningococcal disease. Such close contacts may be carrying the bacteria in their throat but not have any symptoms of this infection. Ciprofloxacin will eliminate the meningococcal bacteria from the nose and throat and lessen the risk of getting meningococcal disease or spreading the infection to others.

- Ciprofloxacin comes as a tablet and is taken by mouth as a single dose with a full glass of water.
- Do not take it at the same time as dairy products, calcium supplements, iron supplements, zinc supplements or antacids containing magnesium or aluminum hydroxide. If you must use these products when taking ciprofloxacin, take them at least 6 hours before or 2 hours after taking ciprofloxacin.
- To provide timely protection, you will not be tested to see if you are carrying the bacteria prior to treatment.

Allergies

- Tell your healthcare provider if you have an allergy to ciprofloxacin, levofloxacin, moxifloxacin or other fluoroquinolone antibiotics.

Pregnancy and Breast/Chest Feeding

- Consult your healthcare provider for alternative treatments to ciprofloxacin while pregnant and/or breast/chest feeding.

Caution

Tell your healthcare provider if:

- You have diabetes or any muscle, kidney, liver or cardiac conditions
- You are taking antacids, calcium, zinc and iron supplements (including food or beverages fortified with these elements)
- **Drug Interactions:** Please note that individual drug interactions are not listed in this document. If you are taking any prescription, non-prescription, herbal, or recreational products, please discuss with your healthcare provider.

Side Effects

Side effects of ciprofloxacin may include the following:

- upset stomach or stomach pain
- nausea
- vomiting
- diarrhea
- headache
- restlessness and nervousness
- muscle, tendon, or joint pain
- dizziness and light headedness

Seek medical attention immediately if you should develop any unusual symptoms, including, but not limited to:

- skin rash, itching, or hives
- difficulty breathing or swallowing
- swelling of the face or throat

What precautions should be followed when taking ciprofloxacin?

- Ciprofloxacin may cause the skin to burn easily when exposed to sunlight. Avoid excessive exposure to sunlight or artificial ultraviolet light (e.g., tanning beds and sunlamps). Use sunscreen or wear protective clothing.
- If you experience dizziness or lightheadedness, do not drive or operate machinery.
- Drink plenty of fluids-while taking ciprofloxacin.

Vaccine for meningococcal disease

In addition to receiving this antibiotic, it may be recommended that you get immunized to provide long term protection against meningococcal disease. The type of vaccine(s) given will depend on the strain of the bacteria that caused the disease. Speak to your healthcare provider for more information.