

## Antibiotic dosing recommendations - for TEOTWAWKI only

Condition	Preferred Antibiotic and dosing	Alternate
Abscess (puss pocket)		
Dental	I&D plus Clinda 300mg q8 x 7-10 days	Metro 500mg q6 x7-10days
Skin (not MRSA)	I&D plus Keflex 500-1000mg q8 x7 days	Cipro 500mg q8 x7days
Skin (MRSA)	I&D plus Bactrim 160/800 q12 x7 days	Clinda 300mg q8 x7days
Anthrax		
Post Exposure	Cipro 500mg q12 x60 days	Doxy 100mg q12 x60days
Cutaneous	Cipro 500mg q12 x10 days	Doxy 100mg q12 x10days
with Meningitis	(Cipro 500mg q8+Amp 1000mg q6+Clinda 900mg q6)x20d then Cipro 500mg q12 x40d	
Pulmonary	(Cipro 500mg q8 + Clinda 900mg q8) x60 days	
Bacteremia (Sepsis)	(Metronidazole 750mg q8 + Cipro 500mg q12) x10 days	
Bite (Human or animal)	(Doxy 100mg q12 or Bactrim 160/800 q12) + (Metro 500mg q8 or Clinda 450mg q8)	
Cellulitis (infection under the skin)		
Body (non-MRSA)	Keflex 500mg q6 x7-10 days	Cipro 500mg q8 x7 days
Body (MRSA)	Bactrim 160/800 q12 x7-10 days	Clinda 300mg q8 x7-10 days
Periorbital	Clinda 300mg q8 x10 days	Cipro 500mg q8 x10 days
Orbital	Clinda 450mg q8 x10 days	Cipro 500mg q8 x10 days
Ear infection	Amox 875mg q12 x10 days	Amp 500mg q6 x10 days
Epididymitis (testicle infection)	Doxy 100mg q12 x10 days	Bactrim 160/800 q12 x10 days
Erysipelas	Keflex 500mg q6 x7-10 days	Amox 875mg q12 x7-10 days
Gastric ulcer (H. pylori)	(Amox 1gm q12 + Doxy 100mg q12) x14 days	Metro 500mg q8+Cipro 500mg q8
Gastroenteritis (stomach infection)		
Bloody Diarrhea	Water+Electrolytes+Cipro 500mg q12 x3 days	Bactrim 160/800 q12 x3 days
C. diff	Metro 500mg q8 x14 days	none
Giardia	Metro 250 q8 x5 days	none
Travelers Diarrhea	Water+Electrolytes+Cipro 500mg q12 x3 days	Bactrim 160/800 q12 x10 days
Watery Diarrhea (Cholera)	Water+Electrolytes+Doxy 300mg once	Cipro 1gm once
Amoebic dysentery	Metro 500mg q8 x10days	none
Impetigo	Neosporin, Tea Tree oil	Keflex 500mg q6 x7 days
Inter-abdominal infections		
Peritonitis	Cipro 500mg q12 x7 days	Metro 500mg q8 x7days
Lymphadenitis		
Cat-scratch	Bactrim 160/800 q12 x7-10 days	Cipro 500mg q12 x7-10 days
non Cat-scratch mild	Keflex 500mg q6 x7 days	Amox 875mg q12 x7 days
non Cat-scratch severe	Clinda 300mg q8 x10 days	Bactrim 160/800 q12 x10 days
Lyme disease	Doxy 100mg q12 x10 days	Amox 500mg q8 x14-21 days
Mastitis (breast infection)		
lactating	Keflex 500mg q6 x10 days	Clinda 300mg q6 x10 days
non-lactating	Clinda 300mg q8 x10 days	Cipro 500mg q12 x10 days
Meningitis (spine infection)	(Cipro 500mg q8+Amp 1000mg q6)x20d	
Orchitis (testicle infection)	Doxy 100mg q12 x10days	
Osteomyelitis (bone infection)	(Cipro 750mg q12 + Bactrim 160/800 q12) x42 days	
Parotitis (salivary gland infection)	Keflex 500mg q6+ (Metro 500mg q8 or Clinda 600mg q8) x10-14 days	
Plague, bubonic	Doxy 200mg (loading) then 100mg q12 x10 days	Cipro 500mg q12 x10 days

Condition	Preferred Antibiotic and dosing	Alternate
Pneumonia (lung infection)		
Pertussis	Bactrim 160/800 q12 x14 days	Cipro 500mg q12 x14 days
Community Acquired	Amoxicillin 875mg q12 x10 days	Doxy 100mg q12 x10 days
Walking	Doxy 100mg q12 x10 days	Cipro 500mg q12 x10 days
Prostatitis (prostate infection)	Bactrim 160/800 q12 x42 days	Cipro 500mg q12 x42 days
Septic Joint	(Cipro 500mg q12+Clinda 600mg q8) x28 days	Needle drainage may be needed
Sinus infections		
Virus (<12 days)	supportive care (fluids, rest, good food, vitamins)	
Acute (>12 days)	Amoxicillin 875mg q12 x14 days	Doxy 100mg q12 x14
Chronic (>42 days)	Clinda 300mg q8 x24	Metro + Bactrim
Strep throat	Keflex 500mg q12 x10	Amoxicillin 500mg q12 x10
STD's		
Chlamydia	Doxy 100mg q12 x7 days	Cipro 500mg q12 x7 days
Gonorrhea	Doxy 100mg q12 x7 days	Cipro 500mg q12 x7 days
Pelvic Inflam. Disease	(Doxy 100mg q12 + Clinda 600mg q12) x14 days	Can sub Metro for Clinda
Syphilis	Doxy 100mg q12 x14 days	none
Trichomoniasis	Metro 2000mg once	none
Tetanus	wound debridement + metro 500mg q6 x10 days	Doxy 100mg q12 x10 days
Tick borne illnesses		
Typhus	Doxy 100mg q12 x7 days	none
Rky Mtn Spot Fever	Doxy 100mg q12 x7 days	none
Tularemia	Doxy 100mg q12 x14 days	Cipro 500mg q12 x14 days
UTI		
Routine	Bactrim 160/800 q12 x3 days	Cipro 250mg q12 x3 days
Pyelonephritis	Cipro 500mg q12 x14 days	Bactrim 160/800 q12 x14 days

Some abbreviations you will need to know to understand this table

- q6: every six hours
- q8: every 8 hours
- q12: every 12 hours
- q24: every 24 hours (once daily)
- I&D: incision and drainage of puss (usually used in reference to an abscess). This is a very important step and should not be skipped. Antibiotics have trouble penetrating into the middle of a puss pocket and so if not drained the duration of therapy will need to be doubled or tripled.

Dosing usually follows common sense rules. These doses are for adult patients. If a range is given it should be interpreted as little adult to big adult and/or mild infection vs. more serious infection. Pediatric dosing is also based on size/weight and will usually be between one-fourth the adult dose (babies) to the full adult dose (large teenager).

- *Militant Medic for SurvivalBlog.com*