

TREATMENT PROTOCOL FOR CO-EXISTING *DIENTAMOEBIA FRAGILIS* AND *BLASTOCYSTIS HOMINIS* INFECTION

Dientamoeba Fragilis and Blastocystis Hominis

Dientamoeba fragilis and *Blastocystis hominis* are parasites found in the human digestive tract. Many of those infected are asymptomatic carriers, but they can cause a range of gastrointestinal symptoms such as diarrhoea and/or constipation, bloating, flatulence, loss of appetite, abdominal discomfort and pain. In chronic cases, symptoms can include weight loss, blood in the stool, dizziness, nausea and vomiting, rectal itching, chronic fatigue and depression. *D. fragilis* has also been implicated in some cases of colitis/ bowel inflammation. Many people suffer symptoms for years before proper diagnosis is made and are often misdiagnosed with irritable bowel syndrome (IBS). It is possible to treat this infection with a combination of drugs – after which, most patients report either a complete resolution, or a great reduction, in symptoms.

Medication Schedule

	Trimethoprim 160mg + Sulfamethoxazole 800mg	Diloxanide Fuorate 500mg	Secnidazole 400mg	Doxycycline 50mg
Breakfast	1 Tablet	1 Capsule	1 Capsule	1 Tablet
Lunch	0	1 Capsule	1 Capsule	0
Dinner	1 Tablet	1 Capsule	1 Capsule	1 Tablet

These medications should be taken at the same time every day with food.

Treatment should involve a low carbohydrate diet to minimise what the parasites feeds upon. (Low carb, high protein, no processed food)

Note: The following protocol involves taking antibiotics. If you take the Pill for contraceptive purposes, please be aware that taking antibiotics can reduce the efficacy of the Pill. Other forms of contraceptive protection must be used.

Possible Side Effects

These medications have been known to cause the following side effects:

- Nausea and vomiting
- Headaches
- Tiredness
- Dizziness
- Itching

The patient should avoid drinking alcohol for the duration of treatment.

To ensure successful treatment of *D. fragilis*, *B. hominis* it is important that the patient complete the entire 10 day medication schedule.

Follow-up Treatment

Four weeks after finishing the treatment protocol the patient should repeat the stool test to determine whether the parasites have been eradicated.

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Suite 5/166 Gooding Dr
Merrimac Qld 4226
P 1300 731 755 F 07 5530 6677

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Once Eradicated

It is recommended the patient continues on a good probiotic (Spore Based and SB) for gut health improvement and includes the following foods in their diet: bananas, onion, asparagus. These foods are high in fructose containing Oligosaccharides and are used by gut flora as food.



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