

# Medicines Bulletin - Fosfomycin

Newly funded medicine from 1<sup>st</sup> November 2024

Available via Special Authority



## Indication – Urinary Tract Infections:

Urinary Tract Infections (UTIs) are a common bacterial infection that affect the bladder. They may cause cystitis or pyelonephritis. Symptoms of a lower uncomplicated UTI can include dysuria, urinary frequency, urgency, haematuria, and suprapubic pain.

## Funding Criteria – Special Authority for subsidy

Initial application – from **any relevant practitioner**. Approvals valid for 2 months.

**Both criteria need to be met:**

1. Patient has an acute, symptomatic, bacteriologically proven uncomplicated UTI/cystitis **with** *Escherichia coli*; and
2. Either:
  1. Microbiological testing confirms the pathogen is resistant to all of: trimethoprim, nitrofurantoin, amoxicillin, cefaclor, cefalexin, amoxicillin with clavulanic acid, and norfloxacin; or
  2. The patient has a contraindication or intolerance to all of: trimethoprim, nitrofurantoin, amoxicillin, cefaclor, cefalexin, amoxicillin with clavulanic acid, and norfloxacin that the pathogen is susceptible to

## About Fosfomycin:

Fosfomycin is broad-spectrum, working against both gram-positive and gram-negative bacteria. Fosfomycin stops the creation of cell walls in bacteria and reduces bacteria sticking to the bladder wall. It is excreted through the kidneys and so reaches high concentrations in urine.

**The recommended dosage for adults for uncomplicated UTIs is one 3 g sachet of fosfomycin as a single dose.** Fosfomycin is not recommended for children under the age of 12 years or those with renal impairment including those on dialysis.

## Administration of Fosfomycin:

The contents of each sachet should be dissolved in half a glass of water and taken immediately. The reconstituted solution contains orange flavour and mandarin flavour. It is recommended to administer this medicine on an empty stomach, preferably before the night resting, and after voiding the bladder.

<https://pharmac.govt.nz/news-and-resources/consultations-and-decisions/2024-09-decision-to-fund-fosfomycin-in-the-community-for-urinary-tract-infections>

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