

SKIN AND SOFT TISSUE INFECTIONS

Lyme Disease

([CKS April 22](#))

Lyme disease is an infection caused by a group of bacteria transmitted to humans following a bite from an infected tick.

- Prophylaxis is not routinely recommended in Europe.
- If immunocompromised, consider post-exposure prophylactic doxycycline.
- Risk increased if high prevalence area and the longer tick is attached to the skin.

Only give post-exposure prophylaxis within 72 hours of tick removal. Give [safety net advice about erythema migrans](#) and other possible symptoms that may occur within one month of tick removal.

For more information on diagnosing and treating Lyme disease please see [NICE Guideline 95 \[NG95\] Lyme disease \(updated Oct 2018\)](#).

The PHE leaflet [Enjoy the outdoors but be 'tick aware'](#), provides information on tick bite risks and prevention.

Treatment:

For Children under the age of 12 years and adults with Lyme disease with focal symptoms or for other suspected Lyme disease such as Neuroborreliosis (CN palsy, radiculopathy): discuss with or refer to a specialist, without delaying treatment.

Treatment in adults and young people (aged 12 and over)

Antibiotic ¹	Dosage	Duration
Treatment – without focal symptoms:		
Treat patients with <i>erythema migrans</i> empirically (serology is often negative early in infection):		
Doxycycline ²	100mg twice a day	21 days
Alternative if doxycycline not suitable e.g., pregnancy: Amoxicillin	1g three times a day	21 days
Post-exposure Prophylaxis:		
Doxycycline ²	200mg	Once

¹ See [BNF](#) for appropriate use and dosing in specific populations, e.g., hepatic, or renal impairment, pregnancy, and breastfeeding.
² Doxycycline is not suitable for pregnant women

Treatment in children (administered on expert advice)

Antibiotic ¹	Dosage	Duration
Doxycycline	9 to 11 years: Body weight <45 kg: Day 1: 5 mg/kg in 2 divided doses, then 2.5 mg/kg daily in 2 divided doses. Maximum 200 mg per day. Body weight ≥45 kg 100mg twice a day	21 days
Amoxicillin	1 month – 11 years: Body weight ≤33 kg 30mg/kg three times a day Body weight ≥34 kg 1g three times a day	21 days

¹ See [BNF for children](#) for appropriate use and dosing in specific populations, for example, hepatic impairment and renal impairment.

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Nottinghamshire Area Prescribing Committee

Version Control- Lyme Disease

Version	Author(s)	Date	Changes
V2.1	Nichola Butcher Specialist MO Interface Pharmacist	17/11/22	Added 'post-exposure' prophylaxis. Added PHE leaflet. Doses changed from abbreviations and warnings re limited use added. Added children's doses as per BNF