

GASTRO-INTESTINAL TRACT INFECTIONS

Giardiasis

(CKS Gastroenteritis)

Parasitic infection acquired via the faecal-oral route; by contact with faeces of infected animals, after ingestion of contaminated food or drink, waterborne including swimming in contaminated water; or by sexual transmission.

Often associated with recent foreign travel, particularly from South Asia.

Symptoms include diarrhoea, malaise, abdominal pain, loss of appetite, flatulence, bloating, and rarely nausea. Malabsorption, weight loss, and faltering growth may occur in children.

Only diagnosed after positive stool sample result.

If there is any uncertainty regarding the need for stool testing, or follow-up testing for microbiological clearance after confirmed infection, seek advice from the [local health protection team](#).

- NHS stool sample collection patient information leaflet [here](#)
- This is a **notifiable disease** and must be reported ([GOV.UK](#))
- If giardiasis is suspected or confirmed, the person should not go swimming for 2 weeks after the last episode of diarrhoea.

Follow self-care and fluid intake advice ([CKS Gastroenteritis](#))

Treatment:

Treat once an infection is confirmed and if a confirmed relapse occurs.

If the patient relapses, consider another course of therapy and investigation of the family who may be asymptomatic excretors.

Drug ¹	Dosage	Duration
Metronidazole	Child under 1 year – contact paediatrics/microbiology for advice.	
	Child 1-2yrs: 500mg once daily 3-6yrs: 600-800mg once daily 7-9yrs: 1g once daily	3 days
	Adult and child ≥ 10yrs: 400mg three times a day	5 days
	Or 2g once daily (less well tolerated)	3 days
	Or 500mg twice a day	7-10 days

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

Version Control- Giardiasis			
Version	Author(s)	Date	Changes
V2.2	Shary Walker, Interface and Formulary Pharmacist	29/01/21	Removed Tinidazole as discontinued end of Jan 2021
V2.3	Karen Robinson, Interface Pharmacy Technician	19/07/21	Updated the children's doses, in line with British National Formulary for children, Sept 20-21
V3.1	Nichola Butcher, MO and Interface Pharmacist	15/06/22	Link to CKS gastroenteritis link added (June 2022). Symptoms enhanced. Need to diagnose via stool sample, information included. Self-care and patient information leaflets added. Notifiable disease. Discuss with paed/microbiology if under 1 year of age