



Information for patients **PRESCRIBED DUKORAL**

Not to be left in waiting rooms or public areas.

What is DUKORAL®?

DUKORAL is an oral vaccine used to help protect against cholera. It is recommended for people who are travelling to an area where there is a risk of cholera, and who are at high risk of infection.

Ask your doctor if you have any questions about why DUKORAL has been prescribed for you.

What is cholera?

Cholera is a diarrhoeal disease caused by ingesting food or water that has been contaminated with the cholera bacterium - *Vibrio cholerae*.

Symptoms of cholera include profuse watery diarrhoea. Nausea and vomiting may also occur. Symptoms can occur quite suddenly, sometimes after two hours, and usually last between five to seven days.

How is cholera spread?

Cholera is spread through food and water supplies that are contaminated with infected faeces, including water used for drinking and washing. Raw or undercooked seafood, and raw, unpeeled fruits and vegetables are also frequent sources of infection in areas where cholera is endemic.

Who is at risk of cholera?

Travellers to developing countries in Africa, Asia, South and Central America which may have poor sanitation and limited access to both clean water and medical facilities are at increased risk of cholera. DUKORAL may be recommended for these travellers to help protect against cholera.

Ask your doctor if you have any questions about risk factors for cholera or why you have been prescribed DUKORAL.

How is cholera prevented?

Your doctor has prescribed DUKORAL to help protect against cholera.

Important measures to help protect against cholera include careful selection of food and water and good hygiene:

- Wash hands frequently with soap and clean water.
- Drink only sealed, bottled water and avoid ice in drinks.
- Choose foods that are packaged or that are freshly prepared and served hot.
- Do not eat raw or undercooked seafood and meat.
- Avoid fresh fruits and vegetables that can't be peeled and may have been washed in contaminated water.

Ask your doctor for further advice on preventing illness while travelling.

DUKORAL®
Oral, Inactivated Cholera vaccine

How to take DUKORAL

Adults and children over 6 years old require 2 doses for primary vaccination.



Children aged 2 to 6 years old require 3 doses for primary vaccination.



- Avoid food and drink for 1 hour before and 1 hour after vaccination.
- Each dose should be taken at least one week (and no more than six weeks) apart. If more than six weeks have passed between doses, talk to your doctor or pharmacist.
- If you do not understand the instructions in this leaflet or on the box, ask your doctor, nurse or pharmacist for help.
- Store DUKORAL in a refrigerator, between 2°C and 8°C. Do not freeze DUKORAL.

How safe is DUKORAL?

DUKORAL was well-tolerated in clinical trials. The most common side effects include diarrhoea and stomach symptoms such as pain, cramps, gurgling or bloating, gas or general stomach discomfort.



Ask your doctor, nurse or pharmacist for further information about cholera and DUKORAL. Additional information on DUKORAL can be found in the Consumer Medicine Information leaflet in the package.

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