

TYPHOID AND ENTERIC FEVER; TREATMENT: UNCOMPLICATED OUTPATIENT

Topic: TYPHOID AND ENTERIC FEVER | Subtopic: TREATMENT: UNCOMPLICATED OUTPATIENT

ENTERIC FEVER Uncomplicated enteric fever can be managed as an outpatient when the child is clinically stable, can drink, and has no danger signs. Antibiotics should be started after blood culture is collected when feasible, but treatment should not be delayed in a strongly suspected case. A practical first-line oral regimen is cefixime 20 mg/kg/day divided twice daily for 10–14 days. Azithromycin is an effective alternative, particularly when cephalosporins cannot be used or local susceptibility supports it; dose 20 mg/kg once daily (maximum 1 g/day) for 7 days. Where culture demonstrates susceptibility or local data support use, co-trimoxazole is a stewardship-friendly option; dose by trimethoprim component 8 mg/kg/day divided twice daily for 14 days. Empiric fluoroquinolones are generally avoided in children because of resistance and pediatric safety concerns. Families should be counseled that fever may persist for 4–7 days even with effective therapy; assess response by the child's overall condition, oral intake, and trend of fever spikes rather than expecting immediate defervescence. Changing antibiotics in the first few days is usually unnecessary if the child looks better. Reassessment within 48 hours is recommended, with explicit advice to return urgently for worsening vomiting, abdominal pain, bleeding, lethargy, or poor intake. If the child is not improving by day 5–7, admit for evaluation of complications, alternative diagnoses, or resistance. Supportive care includes oral rehydration, paracetamol for comfort, and nutritional support.

References:

1. National Treatment Guidelines for Antimicrobial Use in Infectious Diseases (India) — Enteric fever section (NCDC) — <https://ncdc.mohfw.gov.in/wp-content/uploads/2025/08/NTG-Version-31st-July-final.pdf>
2. ICMR Treatment Guidelines for Antimicrobial Use in Common Syndromes in India (2019) — [https://www.icmr.gov.in/icmrobject/custom_data/pdf/resource-guidelines/Treatment_Guidelines_2019_Final.pdf](https://www.icmr.gov.in/icmrobject/custom_data/pdf/resource-guidelines/Treatment_Guidelines_2019_Final.pdf)
3. The treatment of enteric fever (review, PMC) — <https://pmc.ncbi.nlm.nih.gov/articles/PMC1847736/>
4. Typhoid Fever — StatPearls (NCBI Bookshelf) — <https://www.ncbi.nlm.nih.gov/books/NBK557513/>