

# Parasite Protocol

You have been diagnosed with *Dientamoeba Fragilis* / *Blastocystis Hominis*.

Please do standard worming treatment with Albendazole (requires script) or similar and treat entire family on day 0 and day 14. Mimosa Pudica is a good alternative.

An Alternative to Albendazole is Biopure Mimosa Pudica purchased online. ½ (child) -1 (adult) cap before meals twice a day

## Day 1-3

Bowels need to be emptied - THIS IS CRITICAL TO SUCCESS

### Day 1 PICOPREP

CHILD ¼ TO ½ sachet Picoprep or Magnesium Citrate till diarrhoea followed by another dose in 4 hours

(Use diet soft drink or Juice or Ribena to disguise taste)

Adults 1 sachet picoprep followed by another one in 4 hours

### Day 2 PICOPREP

Repeat one dose of Picoprep or Magnesium Citrate as per above

### Day 3 PICOPREP IF NEEDED ONLY

If no emptying has occurred repeat step 1

***If there has been no emptying or incomplete emptying after this please call Dr Ahilan at the surgery. DO NOT CONTINUE TO USE PICOPREP***

You can continue to eat and drink as per normal, use Coconut Water, Hydralyte or similar if significant diarrhoea.

Once bowels are emptied

- A. No sugar, no gluten and low carbohydrate diet for duration of antibiotic therapy
- B. **Paromomycin** 3 times a day after meals for 10 days (this will be provided by a compounding pharmacist)
- C. **Alkalisng agent** for gut between meals
  - a. ¼ tspn Sodium Bicarb in 150mL water (cheapest option)

AFTER COMPLETING THE ABOVE

- D. **Trimethoprim** once daily as per script for 10 days (Syrup provided by Compounding pharmacist) ✓ *1/2 tablet*
- E. **Bioceticals SB Floractiv** 1 capsule daily for 3 months

*Herbs - Paratri*

Rpt Stool tests with Histopath 4 weeks AFTER COMPLETING TREATMENT. Forms and jars provided by Dr Ahilan at initial visit. Instructions for collection are in the plastic container. Please ring Histopath if you have further questions about collection. The samples can be dropped off at Histopath or our surgery Mon- Fri only. You will be rung by our nurse about your result.

If at any stage during antibiotic treatment you develop wind/ flatulence/ bloating that is uncomfortable you can trial activated charcoal caps or powder ( purchased from health food store or pharmacist). Needs to be taken at least 2 hours away from antibiotics or any medications.

If you are concerned in any way its best to contact your doctor or our practice.

Dr Nindhi Ahilan  
Pymble Family Doctors  
99 Grandview Street  
Pymble 2073

Prescriber Ph: 0291446208 Fax: 0291446209  
2386522

Patient's Medicare no. 2668337056-4

Pharmaceutical  
benefits  
entitlement no.

☐ PBS Safety Net  
entitlement cardholder  
(cross relevant box)

☐ Concessional or dependant  
RPBS beneficiary or PBS Safety  
Net concession cardholder

Patient's name  
Address

Miss Imogen May (Age: 9 yrs)  
151 Pentecost Avenue  
Turramurra 2074

Date 07/07/2021

PBS XXXXXXXXXXXX  
Non PBS

Script ID: 081903

☒ Brand substitution not permitted

Paromomycin Capsule

Paromomycin ~~500mg~~ *300mg*  
300mg Three times a day after meals 300mg  
for 10days

Quantity: 30. No repeats.

1 item printed

Dr Nindhi Ahilan  
BSc (Med), M.B.B.S, FRACGP

If not a Medical Practitioner, tick your prescriber type:

Dentist ☐

Nurse Practitioner ☐

Midwife ☐

Optometrist ☐

Turn over for privacy notice

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I declare that I have received this/these medicine(s) and the information  
relating to any entitlement to a pharmaceutical benefit is correct.

Turn over for privacy notice

Patient's or agent's signature

Date of supply



Agent's address

Issued under clause 35 of the Poisons Reg. 2008

Issued under clause 35 of the Poisons Reg. 2008  
PB023.1801

compounder

MAY, IMOGEN  
151 PENTECOST AVENUE, TURRAMURRA. 2074  
Phone: 0416944085  
Birthdate: 01/09/2011 Sex: F Medicare Number: 2668337055  
Your Reference: 785160799 Lab Reference: 288175845-M-FAEC1  
Laboratory: DHM  
Addressee: DR NINDHI AHILAN Referred by: DR NINDHI AHILAN

Name of Test: FMCS  
Requested: 30/06/2021 Collected: 02/07/2021 Reported: 05/07/2021 13:34

Clinical notes: pruritis ani and vulva

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**Faeces Examination**

Specimen 1  
Collection date 02/07/2021  
Appearance Unformed  
Concentrate Blastocystis hominis - occasional present.

**Faecal Antigens**

Cryptosporidium Ag Not Detected  
Giardia Ag Not Detected

**Culture** No Salmonella, Shigella or Campylobacter isolated.  
Comment on Lab ID 288175845

The clinical significance of detection of Blastocystis hominis in stool remains uncertain. Treatment should only be considered for symptomatic patients when other infectious and non-infectious aetiologies have been excluded. Treatment options if indicated include metronidazole or trimethoprim + sulfamethoxazole.

Supervising Pathologist: MW

NATA Accreditation No 2178

Tests Completed: PATHOGEN PCR FAECES,MSU,FMCS  
Tests Pending :  
Sample Pending :

MAY, IMOGEN  
151 PENTECOST AVENUE, TURRAMURRA. 2074  
Phone: 0416944085  
Birthdate: 01/09/2011 Sex: F Medicare Number: 2668337055  
Your Reference: 785160799 Lab Reference: 288175845-D-FPCR  
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**Faecal pathogen PCR**

Specimen Type	Faeces
Bacteria:	
Campylobacter species	Not Detected
Salmonella species	Not Detected
Shigella species	Not Detected
Yersinia enterocolitica	Not Detected
Aeromonas species	Not Detected

Parasites:	
Giardia lamblia	Not Detected
Cryptosporidium species	Not Detected
Dientamoeba fragilis	* Detected
Entamoeba histolytica	Not Detected
Blastocystis species	* Detected

Comment on Lab ID 288175845

The clinical significance of Dientamoeba fragilis infection is controversial, especially when detected only by PCR. Recollection into faecal preservative (SAF) is recommended to confirm the presence of trophozoites on microscopy. Many of these patients do not benefit from treatment with antibiotics, however treatment may be considered for symptomatic patients when other infectious and non-infectious causes have been excluded. Metronidazole, doxycycline or paromomycin may be effective.

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Treatment options if indicated include metronidazole or trimethoprim + sulfamethoxazole.

Supervising Pathologist: IC

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Tests Pending : FMCS  
Sample Pending :