Dukoral®
ETEC and Cholera Vaccine (Liquid)

What Enterotoxigenic Escherichia Coli (ETEC)?
- ETEC is a bacterial infection of the intestines.
- It is spread by eating and drinking food and water contaminated from human and animal waste.
- ETEC is the most common cause of Traveller's Diarrhea. It causes up to 50% of all cases in travelers to Africa, Asia, and Latin America.

What is Cholera?
- Cholera is a waterborne bacterial infection of the intestines.
- It is spread by eating or drinking food or water contaminated with human feces. It can lead to severe diarrhea and dehydration.
- Approximately 90% of episodes of cholera are mild-to-moderate in severity and are indistinguishable from other causes of traveller's diarrhea.
- If left untreated up to 50% of infected people will die. With appropriate treatment, the death rate is 1%.

What does ETEC/Cholera vaccine contain?
- ETEC/cholera vaccine contains sodium hydrogen carbonate and phosphate, citric acid, sodium carbonate, saccharin sodium, sodium citrate, raspberry flavour and formalin.
- The stopper of the vial does not contain latex.

Who should receive this vaccine?
- Travelers 2 years and older:
  - staying in endemic areas for a prolonged period of time, without access to medical care
  - who have the greatest risk of complications from diarrhea (e.g. diabetes, chronic kidney failure, congestive heart failure and any inflammatory bowel conditions)
  - with an increased risk of acquiring traveller's diarrhea (e.g. gastric hypochlorhydria and young children > 2 years)
  - who have a suppressed immune system (e.g. HIV infection)
  - with a history of repeated severe traveller's diarrhea
  - who cannot be sick for even a short period of time (e.g. elite athletes, business or political leaders)
  - who are aid/relief workers and health professionals working in areas with Cholera outbreaks

Who should not receive ETEC/Cholera vaccine?
- Children under two years of age (effectiveness is unknown).
- Pregnant women, except on the advice of a physician.
- People with a life threatening allergy to any of the vaccine components.
- Anyone with moderate to severe illness may have to delay immunization.
When should the vaccine be given?
- For **ETEC** diarrhea protection, for adults and children >2 years: 2 doses, 1-6 weeks apart
- For **cholera** protection:
  - for children 2-6 years, series of three doses, 1-6 weeks apart
  - for adults and children >6 years, series of two doses, 1-6 weeks apart
- You must avoid food and drink 1 hour before and 1 hour after taking this vaccine.
- If more than 6 weeks elapse between the doses, restart the initial series.
- Separate this vaccine and encapsulated oral typhoid vaccine by at least 8 hours.

How is the vaccine given?
- Store in the refrigerator until use. Do not freeze.
- The vaccine may be stored at room temperature for up to two weeks on one occasion only.
- Dissolve the buffer in 150 ml (5 oz) of cool water. (Use only water.)
- For children 2-6 years, pour away half of the buffer/water solution.
- Shake the vaccine vial and add the vaccine to the buffer solution. Stir slowly and drink immediately.

How effective is the vaccine?
- Overall, it will prevent ¼ of all cases of traveller's diarrhea.
- Between 64-100% of people will be protected against cholera. This vaccine does not protect against Cholera 0139 Bengal strain, found in Southeast Asia.
- 50-67% will enjoy moderate, short-term protection against traveller's diarrhea.
- Protection begins approximately 1 week after completing the initial series.

How long does the protection last?
If risk continues:
- For **ETEC** diarrhea protection:
  - booster every 3 months.
- For **cholera** protection:
  - (children 2-6 years) booster every 6 months
  - (children >6 years and adults) booster every 2 years
- Restart series if no booster within past 5 years.

What might be felt after receiving the vaccine?
- **Uncommon** - (>1/1,000 to <1/100)
  - headache, abdominal pain, stomach gurgling (gas), diarrhea.
- **Rare** - (>1/10,000 to <1/1,000)
  - decreased appetite, dizziness, nausea, vomiting, fever, respiratory symptoms.
- **Very Rare** (<1/10,000, isolated reports)
  - dehydration, drowsiness, fainting, sore throat, indigestion, sweating, joint pain, fatigue, blood disorders, hives, allergic symptoms (itching, difficulty breathing)

Your immunization information will be recorded in a computerized system known as the Saskatchewan Immunization Management Systems (SIMS). Information collected in SIMS may be used to:
- manage immunization records
- notify you if you or your child needs an immunization
- and monitor how well vaccines work in preventing vaccine preventable diseases.

Your immunization records may also be shared with health care professionals in order to provide public health services; assist with diagnosis and treatment; and to control the spread of vaccine preventable diseases.

For more information, call the International Travel Centre at (306) 655-4780

www.saskatoonhealthregion.ca/internationaltravel