

# Fosfohub Sachet

## Product Information: Fosfomycin (3g) Sachet

### Composition:

- **Fosfomycin Tromethamine 3g:** A broad-spectrum antibiotic effective against both Gram-positive and Gram-negative bacteria.

- **Adults:** One sachet (3g) as a single oral dose.
- The sachet contents should be dissolved in a glass of water (approximately 3-4 ounces) and taken immediately after mixing. Take on an empty stomach or 2-3 hours after meals for optimal absorption.

### Pharmacological Class:

- **Fosfomycin:** Bactericidal antibiotic.

### Pharmacokinetics:

- **Absorption:** Rapidly absorbed after oral administration.
- **Distribution:** High concentrations achieved in urine and bladder walls.
- **Excretion:** Primarily excreted unchanged in the urine, with a half-life of approximately 4-6 hours.

### Indications:

Fosfomycin is indicated for the treatment of:

- **Uncomplicated urinary tract infections (UTIs):** Caused by susceptible bacteria such as *Escherichia coli* and *Enterococcus faecalis*.
- **Acute cystitis:** In adult patients.
- **Prophylaxis of UTIs:** In patients undergoing urological procedures.

### Contraindications:

- Hypersensitivity to Fosfomycin or any of its components.
- Severe renal impairment (creatinine clearance <10 mL/min) as it may lead to subtherapeutic urinary concentrations.

### Mechanism of Action:

Fosfomycin inhibits bacterial cell wall synthesis by blocking the enzyme UDP-N-acetylglucosamine enolpyruvyl transferase (MurA). This leads to bacterial cell lysis and death, making it effective against various uropathogens.

### Warnings and Precautions:

- Use with caution in patients with:
  - Renal insufficiency.
  - A history of antibiotic-associated colitis or gastrointestinal disorders.
- Overuse may contribute to the development of antibiotic-resistant bacteria.

### Dosage and Administration:

- **Not recommended for complicated UTIs, pyelonephritis, or infections caused by multidrug-resistant organisms without prior susceptibility testing.**
- 

#### **Adverse Effects:**

- **Common: Diarrhea, nausea, headache, dizziness.**
  - **Uncommon: Vaginitis, rash, dyspepsia.**
  - **Rare: Pseudomembranous colitis, hypersensitivity reactions.**
- 

#### **Drug Interactions:**

- **Avoid concurrent use with drugs that reduce gastric motility (e.g., metoclopramide) as they may decrease Fosfomycin absorption.**
  - **Avoid other antibiotics for UTIs simultaneously unless instructed by a healthcare provider to prevent interaction and resistance.**
- 

#### **Use in Specific Populations:**

- **Pregnancy: Category B; considered safe for use in pregnancy when clinically indicated.**
  - **Lactation: Excreted in breast milk in small amounts; use with caution.**
  - **Pediatrics: Not recommended for children under 12 years without specific medical advice.**
- 

#### **Storage:**

- **Store in a cool, dry place at a temperature below 25°C. Protect from light and moisture.**

- **Keep out of reach of children.**
- 

#### **Packaging:**

**Available in individual sachets containing 3g of Fosfomycin Tromethamine, suitable for single-dose administration.**

---

#### **Key Points for Patients:**

- 1. Take the medication exactly as prescribed. Do not split or take partial doses.**
  - 2. Complete the full treatment course even if symptoms resolve.**
  - 3. Drink plenty of fluids to help flush the infection.**
  - 4. Consult your doctor if symptoms persist or worsen within 2-3 days of treatment.**
- 

**This single-dose Fosfomycin sachet offers convenience and high efficacy in treating uncomplicated UTIs with minimal side effects when used correctly. Always follow your healthcare provider's instructions for optimal results.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for