

Mefloquine (brand name Lariam™ and generic)

Directions for Use

- The adult dosage is 250 mg (one tablet) once a week.
- Take the first dose 1 week before arrival in the malaria-risk area.
- Take your dose once a week, on the same day of the week, while in the risk area.
- Take your dose once a week for 4 weeks after leaving the risk area.
- Take the drug on a full stomach with a full glass of liquid.

Side Effects and Warnings

The most common side effects reported by travelers taking mefloquine include headache, nausea, dizziness, difficulty sleeping, anxiety, vivid dreams, and visual disturbances.

Mefloquine has rarely been reported to cause serious side effects, such as seizures, depression, and psychosis. These serious side effects are more frequent with the higher doses used to treat malaria; fewer occurred at the weekly doses used to prevent malaria.

Mefloquine is eliminated slowly by the body and thus may stay in the body for a while even after the drug is discontinued. Therefore, side effects caused by mefloquine may persist weeks to months after the drug has been stopped.

Most travelers taking mefloquine do not have side effects serious enough to stop taking the drug. (Other antimalarial drugs are available if you cannot tolerate mefloquine; see your health care provider.)

Travelers Who Should Not Take Mefloquine

The following travelers should **not** take mefloquine and should ask their health care provider for a different antimalarial drug:

- persons with active depression or a recent history of depression
- persons with a history of psychosis, generalized anxiety disorder, schizophrenia, or other major psychiatric disorder
- persons with a history of seizures (does not include the type of seizure caused by high fever in childhood)
- persons allergic to mefloquine
- Mefloquine is not recommended for persons with cardiac conduction abnormalities (for example, an irregular heartbeat).