



ADULT MEDICATION GUIDELINE

CEFALEXIN (CEPHALEXIN)

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

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Restrictions

[Formulary: Unrestricted](#)

Medication Class

Cephalosporin antibiotic

Presentation

Capsule: 250 mg, 500 mg

Oral liquid: 250 mg/ 5 mL

Storage

Store at room temperature, below 25°C

Dose

Asymptomatic bacteriuria

Oral:

500 mg 12 hourly for 5 days.

Acute cystitis

Oral:

500 mg 12 hourly for 5 – 7 days (may be extended if slow response or a recurrent episode).

Prevention of recurrent UTI**Oral:**

250 mg at night.

Mastitis**Oral:**

500 mg 6 hourly for 10 days.

Perineal Trauma - Post operative (anal sphincter repair) if delayed non-severe hypersensitivity to penicillins**Oral:**

500 mg 6 hourly for 5 days.

(in addition to metronidazole 400 mg 12 hourly for 5 days).

Administration**Oral:**

Take with or without food.

Monitoring

The prevalence of cross-reactivity between beta-lactams is not known. Approximately 1 to 2% of patients with a confirmed penicillin allergy are also allergic to cephalosporins.

Cross-reactivity is more likely if a patient has an allergy to amoxicillin or ampicillin due to their similar R1 side-chains.

Pregnancy

1st Trimester: Safe to use.

2nd Trimester: Safe to use.

3rd Trimester: Safe to use.

Breastfeeding

Safe to use.

Related Policies, Procedures & Guidelines

WNHS Policy: [Antimicrobial Stewardship](#)

WNHS Clinical Practice Guidelines:

[Infections: Urinary tract infection in pregnant women](#)

[Breast inflammation and infection: Mastitis and breast abscess](#)

Perineal care and repair: Protection, assessment and management









References

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Australian Medicines Handbook. Cefalexin. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2024 [cited 2024 Jun 4]. Available from: <https://amhonline.amh.net.au/>

The Royal Women's Hospital. Cefalexin. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2023 [cited 2024 Jun 4]. Available from: <https://thewomenspbmg.org.au/>

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