

Cyclosporiasis

There is an increase in Cyclosporiasis cases reported across the Midwest. Cyclospora cayetanensis is a parasite that causes profuse, watery diarrhea, often beginning 1–2 weeks after exposure. Common sources include contaminated fresh produce (e.g., raspberries, cilantro), as well as contaminated water and recreational water exposures. Remember that viral and bacterial causes of diarrhea (e.g., norovirus, Campylobacter) remain more common and should stay on the differential diagnosis.

Diagnosis

- Routine O&P testing does not detect Cyclospora.
- If suspicion is high (prolonged diarrhea, outbreak-related exposure, known contaminated food/water exposure), request Cyclospora-specific testing.
- Order **O&P** and add a note to "include Cyclospora testing."
 - The same specimen can be used for both O&P and Cyclospora testing.
 - We do not perform this test on-site and will refer to our reference lab for testing.
- Submit 3 stool specimens collected 24–48 hours apart, as oocyst shedding is intermittent.

Treatment

- Most immunocompetent patients recover without treatment.
- Consider TMP-SMX for 7–10 days for immunocompromised patients or prolonged or severe symptoms.
- Counsel patients that relapsing symptoms can occur, even after initial improvement.
- Advise patients to avoid public pools and splash pads until 14 days after symptom resolution.
- Recommend bleach-based cleaning of household surfaces.