

DOXYCYCLINE

(Doryx, Adoxa, Monodox)

Doxycycline is an antibiotic that has been used for many years and has a long safety record. We frequently use doxycycline to treat acne, rosacea, folliculitis and other inflammatory conditions of the skin as well as certain infections of the skin. For acne, rosacea and other more chronic conditions, we are utilizing the anti-inflammatory properties of this medication, and thus the medication may be continued for long periods of time. Ideally, we will be able to establish a good topical regimen and the oral doxycycline can be discontinued. However, sometimes continuous doxycycline will be needed or doxycycline may be needed off and on for flare ups of your disease. For infections, the typical course of treatment is 1-2 weeks.

General Instructions and Potential Side Effects:

- This medication should be taken with a full glass of water (8oz), and at least one hour before bedtime or naps (lying flat). This will decrease the chance that you develop inflammation or ulcers of the esophagus, which have been associated with doxycycline use.
- Do not take doxycycline with iron tablets or antacids (i.e. Maalox or Mylanta).
- This medication **MUST** be taken with food. This will help any stomach upset you may experience. However, do not take the medication with dairy products (milk, cheese, yogurt, ice cream). Dairy products may be consumed in your day, but should be eaten at least 1 hour before or 2 hours after taking your doxycycline.
- The most common side effect of doxycycline is stomach upset (abdominal pain, nausea, vomiting and diarrhea). Taking the medication with food (but not dairy) may help. If you are having significant nausea or if you are having reflux symptoms (heartburn), please stop the medication and call our office.
- Do not take this medication if you are pregnant, planning on becoming pregnant or are nursing.
- This medication does cause sun sensitivity. Please make sure that you are wearing sunscreen and practicing sun protective measures. However, you may still get a sunburn despite wearing sunscreen. If you notice that you are getting a sunburn easily (especially forearms and backs of hands), please stop your medication and call our office.
- If you know that you will not be able to avoid the sun, please let us know so that another medication might be considered for you. You should never get in tanning beds, but especially do not use them while on this medication.
- Some women may develop a yeast infection while taking this medication. There are several products available over the counter to treat this such as Monistat® and Gyne-Lotrimin®. A prescription pill, Diflucan, can be called in for you if necessary.
- This medication can stain the permanent teeth that are developing in children. For this reason, this medication is not safe to take in children under the age of 8.

· It is not known whether this medication will cause long-term antibiotic resistance. For this reason, we try to use this medication for as short a time period as possible or at least cut down to as low of a dose as possible. If you have any further questions regarding this, please talk to your doctor or physician assistant.

· There is some recent concern that long-term use of this medication may be related to inflammatory bowel disease. Again, we will try to get you off this medication as soon as possible, or at least decrease your dose to as low as possible.

· Most evidence suggests that doxycycline does not reduce the effectiveness of birth control pills. However, some patients may feel more comfortable using a back up method of contraception while on this antibiotic. If you have any further concerns, please feel free to discuss this with us.

· Very rarely, doxycycline can cause an increased pressure in the brain. Symptoms include headache, vision changes, hearing a pulse in your ear and dizziness. If any of these symptoms occur, discontinue your medication and call our office.

· If you develop a rash, diarrhea or heartburn or stomach upset, please stop the medication and call our office.

* If you have any other questions or concerns, please call our office at (205) 682-8022.