

MINOCYCLINE

(Solodyn)

Minocycline is an antibiotic that has been used for many years and has a long safety record. We frequently use minocycline 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 minocycline can be discontinued. However, sometimes continuous minocycline will be needed or minocycline 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 minocycline use.
- Do not take minocycline with iron tablets or antacids (i.e. Maalox or Mylanta).
- This medication should 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 minocycline.
- 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 can cause dizziness. If you feel dizzy, lightheaded or off balance, please stop this medication and call our office.
- This medication can rarely cause joint aches or muscle aches or feeling tired. If you are having these symptoms, please stop this medication and call our office.
- This medication has rarely been associated with a severe rash. If you develop a new rash, stop this medication immediately and call our office.
- This medication can cause sun sensitivity, although it is less likely than other -cycline antibiotics. 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. 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.
- Minocycline should 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.
- Minocycline has been associated with blue-gray pigmentation in the skin that may or may not return to normal after discontinuing the medication. This is extremely rare and it is usually seen with long-term use of the medication. If you notice any discoloration of your skin, gums, eyes or lips, discontinue the medication and call our office.
- Very rarely, minocycline 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, joint aches, dizziness, 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.