

Doxycycline

Doxycycline is an antibiotic that has a long safety record. We frequently use it to treat acne, rosacea, folliculitis, and other inflammatory skin conditions, as well as certain skin infections. For chronic conditions, we use this medication for its anti-inflammatory properties, and it may continue for long periods. Ideally, we will establish a good topical regimen so the oral doxycycline can be discontinued. For infections, the typical course of treatment is 1-2 weeks.

General Instructions & Potential Side Effects:

- This medication should be taken with a full glass of water (8 oz), and at least one hour before bedtime or naps (lying flat). This will decrease the chance of developing inflammation or ulcers in the esophagus.
- **Do not take doxycycline with iron tablets or antacids** (e.g., Maalox or Mylanta).
- This medication may be taken without food but taking it with food may help prevent stomach upset. However, do not take it with **dairy products** (milk, cheese, yogurt, ice cream). Dairy products may be consumed after taking your doxycycline.
- The most common side effects is **stomach upset** (abdominal pain, nausea, vomiting, and diarrhea). If you are having significant nausea or reflux symptoms (heartburn), please stop the medication and call our office.
- Do not take this medication if you are **pregnant, planning to become pregnant, or breastfeeding**.

Sun Sensitivity:

This medication does cause **sun sensitivity**. Please be sure you are wearing sunscreen and practicing sun-protective measures. However, you may still get a sunburn despite wearing sunscreen. If you notice you are getting sunburned easily, please stop your medication and call our office.

- If you know you will not be able to avoid the sun, please let us know so we can consider another medication for you.
- **You should never use tanning beds**, especially while on this medication.

Other Potential Side Effects:

- A yeast infection is uncommon with doxycycline, but if you experience one, there are several over-the-counter products to treat this, such as Monistat® and Gyne-Lotrimin®.
- This medication can **stain the permanent teeth** of children. For this reason, it is **not safe for children under the age of 9**.
- Doxycycline does not typically reduce the effectiveness of **birth control pills**. However, some patients may feel more comfortable using a backup method of contraception.
- Very rarely, doxycycline can cause **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 immediately.
- If you develop a rash, diarrhea, 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**.