

Minocycline

Minocycline 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 are utilizing its anti-inflammatory properties, and thus the medication may be continued for long periods. Ideally, we will establish a good topical regimen so the oral minocycline can be discontinued. For infections, the typical course of treatment is 1–2 weeks.

General Instructions & Common 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 minocycline with iron tablets or antacids** (e.g., Maalox or Mylanta).
- **This medication should be taken with food** to help with any stomach upset. However, do not take it with **dairy products** (milk, cheese, yogurt, ice cream). Dairy products may be consumed at least 1 hour before or 2 hours after taking your minocycline.
- 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**.
- This medication can cause **dizziness**. If you feel dizzy or lightheaded, please stop this medication and call our office.
- This medication can rarely cause **joint aches, muscle aches, or fatigue**. If you have 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.

Sun Sensitivity:

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 sunburned despite wearing sunscreen. If you notice that you are getting sunburn easily (*especially on your forearms and the backs of your hands*), please stop your medication and call our office.

- You should **never use tanning beds but** especially do not use them while on this medication.

Other Potential Side Effects:

- Some women may develop a **yeast infection** while on this medication.
- This medication can stain the permanent teeth that are developing in children. For this reason, it is **not safe to take in children under the age of 9**.
- There is some recent concern that long-term use of this medication may be related to **inflammatory bowel disease**.
- Minocycline should not reduce the effectiveness of **birth control pills**. However, some patients may feel more comfortable using a backup method of contraception while on this antibiotic.
- Minocycline has been associated with **blue-gray pigmentation in the skin**, which may or may not return to normal after discontinuing the medication. This is extremely rare and is usually seen with long-term use.
- 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 at **(205) 682-8022**.