

Oracea

Oracea is a once-a-day, extended-release, low-dose formulation of **doxycycline**. It was developed for **rosacea** but can also be used for other conditions. The goal is to benefit from the anti-inflammatory properties of doxycycline while using a dose that is less likely to cause side effects such as stomach upset or antibiotic resistance. Ideally, we will be able to establish a good topical regimen, and the Oracea can be discontinued; however, this medication may be continued for long periods.

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 that you develop inflammation or ulcers of the esophagus.
- **Do not take Oracea 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 the medication with dairy products** (milk, cheese, yogurt, ice cream). Dairy products may be consumed at least 1 hour before or 2 hours after taking your Oracea.
- The most common side effect of doxycycline is stomach upset. 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 does cause **sun sensitivity**. Please make sure that you are wearing sunscreen and practicing sun-protective measures. If you notice that you are getting sunburned easily, please stop your medication and call our office.
- You should **never use tanning beds**, especially while on this medication.

- A **yeast infection** is uncommon with Oracea, but if you experience one, there are several over-the-counter products to treat it, such as Monistat® and Gyne-Lotrimin®.
- This medication can **stain the permanent teeth** that are developing in children. (This medication is not safe to take in children under the age of **9**).
- Doxycycline 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.
- There are some studies linking this class of medication with inflammatory bowel disease.
- 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, 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**.