



DOXYCYCLINE (Adoxa, Doryx, Oracea, Monodox)

Doxycycline is an antibiotic commonly used to treat acne, rosacea, and a number of other skin problems.

Dosage Instructions: Usually taken once per day or twice per day.

Take with food, as it often causes stomach upset if taken on an empty stomach. Take with a **full glass of water**, and avoid taking it right before bedtime or lying down for an extended period of time.

Calcium, which is found at highest concentration in dairy products, limits the effectiveness of doxycycline. **Dairy products** (milk, cheese, yogurt, etc.) do not have to be completely avoided, but can be taken up to one hour before or two hours after a doxycycline dose without compromising its effectiveness. You should not take antacids, iron pills, or vitamins with minerals within 2 hours after you take doxycycline.

Any treatment can make acne worse before it gets better and may take up to two or three months to show considerable improvement.

Potential side effects:

- Doxycycline can cause increased **sun sensitivity**. It can lead to severe sunburns or skin rash. If you plan to be outdoors for a significant time period, make sure to wear sun protective clothing and reapply sunscreen frequently with zinc or titanium oxide.
- **Doxycycline is not safe for women who are pregnant, breast feeding or for young children under the age of 9 years.**
- Yeast infections can occur when taking antibiotics.
- If chronic heartburn or abdominal pain are experienced, despite following the above instructions, stop the medicine and let us know.
- Other serious side effects are uncommon and doxycycline is typically well tolerated.
- Headache
- Nausea and vomiting
- Allergic reaction

What other drugs will affect doxycycline?

Tell your doctor about all other medicines you use, especially:

- cholesterol-lowering medications such as cholestyramine (Prevalite, Questran) or colestipol (Colestid);
- isotretinoin (Accutane);
- a product that contains bismuth subsalicylate such as Pepto-Bismol;
- a blood thinner such as warfarin (Coumadin, Jantoven)
- a penicillin antibiotics