

# Doxycycline

Your dermatologist has prescribed a medication called doxycycline to treat your skin condition. Doxycycline is an antibiotic that has been used for many years to treat infections. Because of the medication's anti-inflammatory properties, it is also commonly used by dermatologists to treat skin conditions such as acne and rosacea.

Instructions on taking this medication:

1. Doxycycline is known to cause stomach upset. Take this medication with food to minimize this side effect.
2. Do not take this medication at the same time as dairy products (milk, yogurt, cheese, ice cream, etc). Do not take this medication at the same time as multivitamins or supplements containing calcium, iron, or magnesium. Do not take this medication at the same time as antacids. These items prevent the absorption of the medication- making the doxycycline less effective. These items should be consumed 1 hour before or 2 hours after taking doxycycline.
3. Take the medication with a full glass of water and do not lie down for 30-60 minutes afterwards. Doxycycline can cause inflammation and ulcers in the esophagus if not completely washed down to the stomach.
4. Doxycycline causes sensitivity to the sun. Stay out of the sun and use sun protection and sunscreen. Do not use tanning beds, especially while taking doxycycline.
5. Do not take this medication if you are pregnant, planning on becoming pregnant, or currently nursing.
6. Doxycycline should not be used in children under the age of 8 as it can stain their permanent teeth.

Call our office if:

1. Women can develop yeast infections while taking oral antibiotics. Please call the office if you have symptoms suggestive of a yeast infection.
2. If you develop symptoms such as rash, fever, flu like symptoms, headache, blurred vision, please stop the medication immediately and call our office.

3. If you have significant stomach upset and heartburn despite taking the medication with food and water, please stop the medication and call our office.