

HUNTERDON DERMATOLOGY, LLC

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Doxycycline

Doxycycline is an antibiotic that has been used for many years to treat infections and control inflammation. 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 an upset stomach. Take this medication with food and see instructions below to minimize this side effect.
2. Take the medication with a full glass of water and do not lie down or recline for 30-60 minutes afterwards. Doxycycline can cause inflammation and ulcers in the esophagus if not completely washed down to the stomach or if it migrates back into the esophagus while reclining.
3. 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, magnesium or 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.
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. Be careful outside even on a cloudy day.
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.
7. Taking probiotics can prevent complications of taking oral antibiotics.
8. Women can develop yeast infections while taking oral antibiotics. Please call the office if you have symptoms suggestive of a yeast infection.

Call our office at 908-782-1647 if you have any questions during your treatment or:

1. If you develop symptoms such as rash, fever, flu like symptoms, headache, blurred vision, please stop the medication immediately and call our office.
2. If you have significant symptoms of an upset stomach or heartburn despite taking the medication with food and water, please stop the medication and call our office.