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INFORMATION ON DOXYCYCLINE

What is Doxycycline?

- Doxycycline is an antibiotic, and closely related to tetracycline.
- Although it is an antibiotic, it can also be used to stop inflammation in many types of scarring hair diseases (cicatrical alopecias)

How is it prescribed?

- Doxycycline is prescribed as 100 mg once or twice taken daily
- After taking the medicine, you should remain upright for 30 minutes to prevent irritation of the esophagus and stomach. Please do not take at bedtime.
- You should not take doxycycline within 3 hours of yogurt or dairy
- Do not take doxycycline with iron pills, zinc pills or calcium pills
- Doxycycline can be taken with food and food is advised if upset stomach occurs
- Don't use outdated doxycycline because it can be harmful to the kidneys
- Dr. Donovan will frequently recommend use of a 'probtioic containing 10 billion colony forming units to be used 3 hours before or after your doxycycline dose. This helps keep good bacterial in your gastrointestinal system.

Who should not take doxycycline?

- Do not take doxycycline if you have allergy to doxycycline
- Do not take doxycycline if you are pregnant or breastfeeding
- Do not take doxycycline if you are going to be exposed to strong sunlight
- Do not take doxycycline if you have liver problems
- Do not take doxycycline if you have myasthenia gravis
- Do not take doxycycline if you have porphyria
- Do not take doxycycline if you have systemic lupus erythematosus as it can worsen
- Do not take doxycycline if you are less than 8 years of age

Do any medications interact with doxycycline?

Tell Dr. Donovan if you are on any of these medications.

- Antacids, iron, zinc or bismuth – these can stop doxycycline from working if you take them at the same time of day as the doxycycline
- Warfarin (Coumadin) – doxycycline can increase the action of the warfarin so you bleed easier
- Oral contraceptives. Current evidence does not suggest that doxycycline reduces the efficacy of oral contraceptives. Some doctors recommend using barrier protection for women on oral contraceptives using doxycycline. However, there is not a lot of evidence to suggest that this is necessary.
- Alcohol – alcohol may reduce the effect of doxycycline
- Doxycycline also interacts with carbamazepine, phenytoin, barbiturates, cyclosporine, lithium, cimetidine, digoxin and methylflurane (an anesthetic in dentistry).

What are the side effects of doxycycline?

- Upset stomach, nausea, vomiting, diarrhea
 - Headaches
 - Weight gain
 - You can become very sensitive to sunlight while on doxycycline. You need to avoid strong sunlight and wear long sleeve shirts, long pants, a hat and sunscreen if out in direct sun
 - Heartburn
 - Very severe headache which may be associated with visual disturbance such as blurred vision. If headaches continue for more than 3 days, please advise our office right away.
 - Sore tongue or mouth
 - Yeast infections (thrush in the mouth, vaginal yeast infections in women)
 - Difficulty in swallowing
 - Sore or painful tongue or mouth
 - Loss of appetite
 - Flushing
 - A ringing or buzzing noise in the ear
 - Soreness and itching of the rectal and/or genital area.
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- Skin rash, rarely a serious one.
 - Flaking or peeling of the skin.
 - Severe skin reactions which may cause you to feel very unwell.
 - Stomach or esophageal inflammation

Side effects of doxycycline - continued

- Blood disorders. These are due to an imbalance in numbers of different cell types in the blood. Symptoms may include tiredness, easy bruising or susceptibility to infection.
- Low blood pressure.
- Increased heart rate.
- Aches in the joints or muscles.
- Worsening of a disease called systemic lupus erythematosus (SLE). This is a disease affecting a number of organs.
- Inflammation of the liver giving yellow color of skin and eyes
- Bowel inflammation
- inflammation of the membrane surrounding the heart

Under what situations should I stop doxycycline?

- All medicines can cause allergic reactions. Serious allergic reactions are very rare. Any sudden wheeziness, difficulty in breathing, chest pain, fever, sudden swellings, rash or itching (especially affecting the whole body) should be reported to a doctor immediately.
- Stop doxycycline if you develop dark urine or pale stools
- Stop doxycycline if you feel unwell in any way and check with your doctor

