

Oral Antibiotics

Doxycycline, Minocycline, Tetracycline

Oral antibiotics for acne have many more potential side effects. Our goal is to limit the dose and duration of oral antibiotic therapy as much as possible. Oral antibiotics used for acne can cause sunburn, antibiotic resistance, brain swelling and may also discolor baby's teeth if used during pregnancy. In addition to the above side effects, doxycycline can cause esophageal irritation which can be life-threatening. Minocycline can cause lupus, severe, life-threatening allergic reactions, skin discoloration, diabetes and thyroid disease.

- Take with a full glass of water and stay upright for 30 minutes to prevent severe heartburn or even esophagus damage. If the antibiotic bothers your stomach, you may take it with food, but it may decrease absorption. Do not take with vitamins (they prevent absorption), antacids or dairy products.

Severe but rare side effects:

- **If you have severe headaches, dizziness, blurred vision or double vision, stop the medication and call your physician here and your eye doctor.**
- **If you have severe stomach cramps, high fever or bloody diarrhea, stop the medication and call your physician.**
- **If you have difficulty swallowing or tightness in your throat, stop the medication and call your physician.**
- **If you develop a rash, joint pain, fatigue or have darkening of the skin, scars, teeth or gums, stop the medication and call your physician.**
- You will be more **sun sensitive** while taking these antibiotics. Sunscreen should be non-comedogenic to avoid worsening of acne.
- If you plan to be in the sun frequently during the late spring and summer months, we may want to switch you to a different antibiotic during these seasons to avoid burns. **DO NOT** use tanning beds while on these medicines.
- Notify any doctor that you are on doxycycline, minocycline or tetracycline before any new medicine is started.

For Women:

- **Birth control pill effectiveness may be slightly decreased which could lead to pregnancy.** If this is a concern of yours, a second method of contraception is advised. Diarrhea and vomiting would make birth control pill failure more likely.
- Teeth discoloration may occur in babies of women who take cyclines while pregnant. **Discontinue this drug immediately if there is any chance of pregnancy or if attempting conception.**
- Vaginal yeast infections are more common when women take oral antibiotics.