

## Doxycycline

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What does doxycycline do and why is it needed?

Doxycycline is an antibiotic that is needed to treat bacterial infections, including chlamydia.

### How is it taken?

Doxycycline is available as a tablet or capsule.

### Dosage

Take doxycycline as instructed on patient medication label. Doxycycline should be taken with or just after food and plenty of water. Avoid taking doxycycline capsules just before lying down, or just before sleeping.

### How long does it take to work?

The medication will start working straight away. However, it is important to take the whole course of medicine that has been prescribed. This is because it takes a while for the antibiotics you have taken to kill the bacteria causing your infection.

### Special precautions

You must not take doxycycline if you are pregnant or breastfeeding. Please tell the doctor or nurse if you are, or may be pregnant.

Some people find their skin becomes more sensitive to sunlight whilst they are being treated with doxycycline. Protect your skin from sunlight and do not use sun-beds whilst taking this medication.

### When can I have sex again after treatment?

You must not have sex (even with a condom) until you and your partner (where applicable) have completed treatment. It is best to avoid all sexual contact during this time (including oral sex, vaginal sex, anal sex and sex with a condom). It is important to wait until your sexual partner has also been treated.

## What to do if you miss a dose

Take the missed dose when you remember during the day, as long as this is at least 6 hours before the next dose is due.

## Other drugs / medicines

Do not take indigestion remedies at the same time as this medicine. If you need to take indigestion remedies, take them at least two hours before or after your dose of doxycycline.

## Possible side effects

You may experience the following side-effects after taking the treatment. However in most cases, these effects are mild and will pass.

- Feeling nauseous (sick) and / or vomiting (being sick)
- Stomach cramps / pains
- Diarrhoea
- Headache

As long as you do not actually vomit within 3 hours of taking your medication it should still be effective. Please contact the clinic if you are worried about any side effects you experience.

## What are the risks?

If stomach irritation occurs, it is recommended that doxycycline capsules are taken with food or milk. Studies indicate that the absorption of doxycycline is not notably influenced by taking food or milk at the same time as doxycycline.

## Follow up

If you do have sex during treatment (even with a condom), please contact the clinic on **01392 284960** and speak to a nurse for more information.

## Further information

For more information about doxycycline, please read the information leaflet that comes with your drug or medicine.

For further information about sexual health, please visit our website at [www.thecentresexualhealth.org](http://www.thecentresexualhealth.org)

## References

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Management of Non-gonococcal Urethritis, April 2015  
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[www.bashh.org/guidelines](http://www.bashh.org/guidelines)
- Accessed on September 2017:  
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<http://www.medicines.org.uk>

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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