



DERMATOLOGY  
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*Healthier Skin Since 1983*

## DID YOU KNOW?

Ultraviolet rays from the sun are still damaging the skin during the winter and on cloudy days. Use a facial moisturizer with SPF 15 or higher on a daily basis.



Central NY receives about 75% of San Diego's UV exposure, and Tompkins County ranks 8<sup>th</sup> highest in melanoma in NYS.



Ithaca: 1051 Craft Rd.  
Cortland: 3773 Luker Rd.  
T: 607-257-1107  
F: 607-257-0369  
[www.ithacaderm.com](http://www.ithacaderm.com)

# DOXYCYCLINE

Doxycycline is used to treat bacterial infections in many different parts of the body. It is also used to treat pimples and abscesses that are caused by rosacea, also known as acne rosacea or adult acne.

## PROPER USE

- If you are taking this medication twice a day, take one pill in the morning and one in the evening, about 12 hours apart. If this schedule doesn't work well for you, take the pills at least 8 hours apart.
  - What happens if I miss a dose? Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medication to make up the missed dose.
- Avoid eating and drinking (water is ok) one hour before and two hours after taking the medication.
- Take doxycycline with a full glass of water to avoid irritation of your throat. **Do not** go to bed or lie down for at least one hour after. Note: Do not take the pill with milk or other dairy products; they may make the drug less effective.
- Do not take iron supplements, multivitamins, calcium supplements, antacids or laxatives within two hours of taking doxycycline. These products may decrease the effectiveness of doxycycline.

## POSSIBLE SIDE EFFECTS

- Doxycycline may cause stomach discomfort. If this occurs, you may take it with a calcium-free snack. If the discomfort persists, you should stop the medication and call the office to discuss alternative options.
- Doxycycline makes your skin more sensitive to sunlight and severe sunburns can occur. Avoid tanning booths and sunlamps. Limit your sun exposure, especially between 10 AM – 4 PM, and apply a sunscreen daily. Choose a broad spectrum sunscreen that protects from both UVA and UVB and has SPF 30 or higher.
- If you become pregnant, stop doxycycline immediately as it may discolor the teeth and delay bone growth of a developing baby.
- Some women develop vaginal yeast infections while taking antibiotics. This can be treated with over-the-counter medications or a prescription oral medicine. If this becomes a recurrent problem, please call the office as a change in medication may be necessary.
- Always read the package insert for complete information. Call the office if you experience any unusual symptoms or develop new health problems. Inform your other health care providers that you are taking doxycycline.