FAIRVIEW PHARMACY — EST. 1978

Taking doxycycline safely

doxycycline hyclate · tetracycline-type antibiotic

3 MISTAKES TO AVOID

1. **The wrong supplement**
   Antacids, iron, and bismuth subsalicylate (Pepto-Bismol) can all block it. Space them apart.
2. **Skipping water and sunscreen**
   Take it with a full glass of water, drink fluids liberally, and wear sunscreen — it raises sun sensitivity.
3. **Stopping early, or missing the pregnancy and age limits**
   Take every dose. It can stain developing teeth and weaken birth control pills.

How to take it

- **Take every dose** until it's gone, even once you feel well, so the infection doesn't come back harder to treat.
- **Take it with a full glass of water**, and drink fluids liberally with it, to protect your esophagus.
- Food and milk don't block it much, so a light meal is fine if it upsets your stomach.

Space these apart (mistake #1)

- **Antacids** (aluminum, calcium, magnesium), **iron supplements**, and **bismuth subsalicylate** (Pepto-Bismol) can all block absorption.
- Space them a couple of hours from your dose. Ask your pharmacist for the exact timing for your products.

IMPORTANT
Sun sensitivity: doxycycline can make your skin much more sensitive to sunlight. Wear sunscreen, and stop the medicine and call your provider at the first sign of a sunburn-like reaction.

Call your provider right away if you notice

- Painful swallowing, or a severe or ongoing headache with vision changes (can mean increased pressure in the head)
- Severe or bloody diarrhea, even weeks after you finish (can be a serious gut infection called C diff)

EMERGENCY: CALL 911
Blisters, peeling skin, a widespread rash, trouble breathing, or swelling of the face, lips or tongue: stop doxycycline and get medical help right away.

Good to know

Pregnant or a child 8 or younger? It can permanently stain developing teeth; used only for serious infections. It can also make birth control pills work less well.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for doxycycline hyclate capsules (Hikma, rev. 8/2025) and delayed-release tablets (Alembic, rev. 4/2026).

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