FAIRVIEW PHARMACY — EST. 1978

Taking nitrofurantoin safely

Macrobid · antibiotic for bladder infections (cystitis)

3 MISTAKES TO AVOID

1 Stopping early
Take every dose for the full 7 days, even once you feel better. It treats bladder infections, not kidney infections.

2 Taking it the wrong way
100 mg every 12 hours, for 7 days, with food. Skip antacids with magnesium trisilicate.

3 Not telling us the full picture
Kidney problems, pregnancy near labor, G6PD deficiency, and past liver reactions all matter.

How to take it

- **100 mg every 12 hours, for 7 days.** Take every dose, even once you feel better. Stopping early can let bacteria come back stronger.
- **Take it with food.** Food helps your body absorb it and is easier on your stomach.
- Treats bladder infections (cystitis) caused by bacteria. It is **not** for kidney infections, colds, or the flu.

Check with us first

- **Antacids with magnesium trisilicate** can block absorption. Skip them while you take nitrofurantoin.
- **Probenecid or sulfinpyrazone** (for gout) can raise nitrofurantoin levels in your blood and increase side effects.

Not for everyone

- Not safe with **poor kidney function** (creatinine clearance under 60) or very little urine.
- Not used **right before or during labor**, or in babies under 1 month old.
- **G6PD deficiency** can lead to anemia. Tell us about any past liver problems from nitrofurantoin.

IMPORTANT
Rare but serious: nitrofurantoin can affect your lungs, liver, or nerves, especially with long use. These signs matter even weeks into treatment.

Call your doctor right away if you notice

- A new cough, chest pain, or trouble breathing
- Yellow skin or eyes
- Numbness or tingling in your hands or feet
- Watery or bloody diarrhea, with or without cramps or fever, even after you finish treatment. This can be a sign of a serious gut infection called C diff.
- A new rash — stop nitrofurantoin and call your doctor.

EMERGENCY: CALL 911
Swelling of your face, lips, or throat, or trouble breathing: stop nitrofurantoin and get medical help right away.

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.
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