

**Patient
Information**

Doxycycline

Introduction

This leaflet gives you information about doxycycline and its use, including side effects.

It has been suggested that you take doxycycline because it is considered an important part of the treatment for many types of hair and scalp disorders including Lichen planopilaris and Folliculitis decalvans.

What is doxycycline and how does it work?

This medication is currently prescribed off label. This means that it is being used for a condition it was not first intended to treat.

Doxycycline has only been prescribed by the consultant after careful consideration of other treatment options.

Doxycycline is an antibiotic that is used in the treatment of hair conditions because of its anti-inflammatory effect. It has been proven helpful in reducing the redness, swelling and discomfort in many patients with Lichen planopilaris and Folliculitis decalvans.

What is the dose of doxycycline?

Doxycycline is prescribed as 100mg capsules, taken either once or twice a day.

Please note that dairy products can reduce the amount of doxycycline that is absorbed and reduces the medicines effect. You should avoid dairy products for at least 3 hours before taking doxycycline.

Reference No.

GHPI1534_07_25

Department

Dermatology

Review due

July 2028

**Patient
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- Doxycycline can cause photosensitivity. This is where the skin becomes oversensitive to sunlight. Therefore, it is recommended that while you are taking doxycycline sun exposure should be avoided wherever possible.
- Doxycycline can cause an upset stomach. If this happens, taking the medicine with food may be helpful.
- Headaches
- Heartburn
- Weight gain
- Loss of appetite
- Flushing
- Skin rash
- Candida (yeast infection affecting the mouth or genitalia)

Other side effects may be possible but many patients take doxycycline without any side effects.

If you develop any side effects while taking doxycycline, please contact Dr Takwale's secretary. The contact details are at the end of this leaflet.

Medications not to be taken with doxycycline

The effect of doxycycline will be reduced if taken with:

- Antacid medication (medicine to help with reflux symptoms)
- Iron, zinc or calcium supplements
- Alcohol

Doxycycline may reduce the effects of some medications. If you have any concerns about this, please ask your pharmacist for advice.

Important points to remember

Doxycycline must not be used in pregnancy or when breast feeding because there is no research to suggest it is safe to do so.

Please read the patient information leaflet enclosed with the medication.

Patient Information

Contact Information

Dr Takwale's Secretary

Tel: 0300 422 5396

Monday to Friday, 9:00am to 3:00pm

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with permission from the MAGIC programme, supported by the Health Foundation.

* Ask 3 Questions is based on Shepherd RL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options. *Acad Med*. 2011;86:379-83. Patient Education and Counseling. 2011;84:379-83.

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