

Patient information

Linezolid

This leaflet contains important information about the medicine you have been prescribed.

A healthcare professional will go through this information in this information with you and answer any questions you may have.



What is linezolid and what are the benefits of taking it?

Linezolid is an antibiotic that is used to treat gram-positive infections such as staphylococcal infections. The main benefits of being prescribed this treatment are that it can be given as a tablet or liquid. This means that you may not need to have an intravenous drip to receive your antibiotic and you may be able to have part of your treatment at home.

How do I take linezolid?

You should take it twice a day every 12 hours, for example at 8.00am and 8.00pm. You can take it before, with or after food.

Do I need to change my diet whilst on linezolid?

Some food can increase your blood pressure when you are taking this medicine. You should avoid the following types of foods:

- Mature or aged cheese, liver, kidney, pickled herring, broad beans, game
- Fermented or air-dried meats such as salami
- Yeast extracts, for example Bovril®, Oxo® or Marmite®
- Fermented soya bean products, for example soy sauce

- More than 500g of dark chocolate per day (avoid if possible)
- Protein diet supplements
- Sour cream and yoghurt
- Beer and wine
- Peanuts and some fruits such as:
 - Figs
 - Grapes
 - Oranges
 - Pineapples
 - Plums
 - Prunes
 - Raisins
 - Avocados
 - Tomatoes

How long will I need to take linezolid?

Your doctor will determine the length of the treatment course. You should continue taking linezolid until you have finished your prescribed course unless you are told to by a healthcare professional. Do not stop taking this medicine when you start to feel better. If you discontinue it too soon, surviving bacteria may develop resistance, therefore becoming more difficult to treat.

What side effects might I experience on linezolid?

As with any medicine there is a possibility for side effects to occur, but they may not occur in every patient. A list of side effects is provided within the patient information leaflet with your antibiotics. Linezolid can cause:

- Nausea
- Stomach upset
- Diarrhoea
- Skin rashes
- Headaches
- Dizziness, changes in vision (do not drive or operate machinery or electrical tools)

- Tingling fingers and / or toes
- Easy or unexplained bruising
- Blood in vomit and / or stool

In rare cases, people who have taken linezolid for more than two weeks can have a reduced blood count, which can lead to problems with clotting.

Is there anything I need to watch out for at home?

If you experience any of the side effects listed in this leaflet, please inform your hospital doctor when you see them.

However, if you develop severe headache, notice any unexplained bruising, problems with your sight, tingling in your hands or feet, bleeding gums, heavier periods or blood in your stool please contact your hospital doctors immediately, or go to your nearest emergency department (ED).

Will I be monitored whilst on linezolid?

If you are prescribed linezolid for more than a week you will be asked to return to the hospital to for a review and a weekly blood test.

Can I take all my current medicines with linezolid?

Please make sure that you tell your doctor or pharmacist about all of the medicines you are taking or have taken recently, including those you have bought without a prescription such as over the counter medicines, herbal medicines and alternative medicine. It is particularly important to mention if you are taking antidepressants.

Please check with your doctor or pharmacist before starting any new medicines while you are on linezolid treatment.

What about pregnancy or breastfeeding?

Linezolid is not usually given to pregnant women. Please tell your doctor if you are pregnant, think you may be pregnant or are trying to get pregnant.

You should not breastfeed if you are on linezolid because it will pass into your breast milk and could affect your baby.

Where do I get supplies of linezolid?

If you're an inpatient, supply will be made on discharge and dispensed from the hospital pharmacy.

If you're an outpatient, then your doctor will provide you with a prescription, this should be taken to the hospital pharmacy to be dispensed.

What should I do with any unwanted antibiotic(s)?

If you have any unwanted antibiotics, please return them to a local community pharmacy or a hospital pharmacy for safe disposal.

You should **NOT**:

- Keep them for another time
- Share prescription-only antibiotics with anyone other than the person they were prescribed or supplied for
- Flush them down toilets or sinks
- Use these antibiotics for animals (or use animal antibiotics for yourself)

For more information please visit the following websites which discuss antibiotics and the importance of using them responsibly:

<https://patient.info/health/antibiotics-leaflet>

<http://antibioticguardian.com/>

If you have any questions regarding your antibiotics then please feel free to contact the Pharmacy department's Medicines Information Service at WSH. You will be able to discuss any concerns with a clinical pharmacist.

Telephone number for Medicines Information: **01284 713109**

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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