

CIPROFLOXACIN

Ciprofloxacin is an antibiotic used to treat bacterial infections.
It will not work against viral infections such as colds or flu.

Reason for antibiotic:	
Planned duration:	
My doctor's name:	
Doctor's contact details:	

How do I take ciprofloxacin?

- Ciprofloxacin works best if you take it on an empty stomach; **at least one hour before food or two hours after food**.
- Make sure you drink enough **non-caffeinated fluids** to stay hydrated while taking ciprofloxacin.

What do I need to be aware of before I take ciprofloxacin?

- Discuss any **pre-existing medical conditions** with your doctor, especially kidney or liver disease, brain disease, epilepsy, irregular heartbeats and myasthenia gravis.
- Discuss **other medicines you are currently taking or plan to start taking** (including herbal and over-the-counter medicines) with your doctor and/or pharmacist. This is to ensure ciprofloxacin is safe to take together with your current medicines.
- Dairy, antacids and some supplements** such as iron, calcium, zinc, magnesium, or multivitamins can reduce the antibiotic activity of ciprofloxacin. Take these at a separate time, at least two hours before or after your ciprofloxacin dose.

The information contained in this brochure is for educational purposes only and is not intended as a substitute for consultation with a doctor or health care professional. Ask your pharmacist or doctor if you have any additional questions or would like more detailed information about this medicine. **Last reviewed:** 30th October 2023 | **Next review** by November 2026.

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- Ciprofloxacin **may increase the effects of caffeine**, such as headache, restlessness and insomnia; you may need to reduce your caffeine intake.
- If you have had **previous tendon damage** with this antibiotic, discuss this with your doctor before you start taking ciprofloxacin as there may be greater risk of this happening again.
- **Pregnancy:** Ciprofloxacin is not usually used in pregnancy. Discuss with your doctor if you are currently pregnant or intend to become pregnant during your antibiotic course.
- **Breastfeeding:** Ciprofloxacin is considered safe in breastfeeding. The breastfed infant should be monitored for side effects such as diarrhoea, vomiting, skin rash or thrush.

Common side effects of ciprofloxacin:

- **Nausea and vomiting;** usually mild and improves over a few days.
- **Diarrhoea;** usually improves over a few days. If diarrhoea occurs, avoid anti-diarrhoeal medicines such as loperamide (the active ingredient in Imodium® or Gastro-Stop®), unless advised by your doctor. See your doctor if you have frequent and watery diarrhoea.
- Your skin may be more **sensitive to the sun** so you may get sunburned more easily. Try to avoid direct sun exposure, wear protective clothing and use sunscreen while you are taking this medicine.
- Ciprofloxacin may make you feel **light-headed and worsen your ability to concentrate**. If you are feeling these symptoms, do not drive or use tools or machinery. Drinking alcohol may also worsen these effects.

Rare reactions and/or side effects of ciprofloxacin to be aware of:

- **Allergic reactions** such as a rash, itch, blisters or red skin spots; stop taking this medicine and see your doctor.
- **Signs of a serious allergic reaction**, such as difficulty breathing or swelling of the face, eyes or lips; call for an ambulance immediately OR present to the accident and emergency department at your nearest hospital immediately.
- **Pain or swelling around tendons or joints;** if this occurs, stop taking this medicine and see your doctor. If you get any of these symptoms, do not exercise as this may cause further damage.
- **Numbness, tingling, pain or weakness in hands or feet;** if this occurs, stop taking this medicine and see your doctor. This is more likely with high dose or long treatment courses.