

LINEZOLID

- Specialist Cancer and Support Services Care Group
- Pharmacy Department
- December 2024

Introduction

This leaflet contains important information about the antibiotic you have been started on. It is important that this leaflet is read alongside the Manufacturer's Patient Information leaflet.

You should always carry this leaflet while you are taking linezolid and show it to any healthcare professional who is treating you, so they know what medication you are taking.

What is Linezolid and why have you been prescribed this?

Linezolid is an antibiotic used to treat infections by stopping the growth of certain bacteria. It is used to treat a number of infections such as skin infections, chest infections or bone infections.

How do you take Linezolid?

Linezolid is available as a tablet or a liquid. This means, when you are ready to go home there is no need to stay in hospital to receive antibiotics through the vein and you may be able to finish your treatment at home. You would be advised on how to take Linezolid. Linezolid is usually taken twice a day, for example at 8am and 8pm (In selected patients it may be taken once a day). Always follow the instructions on the label. You can take it before, with or after food.

How will you be monitored?

If you are to take linezolid for 10 days or more after going home from hospital, you may need to come to the hospital for a weekly review and a blood test.

Can I take all my regular medication with Linezolid?

Linezolid can interact with a number of medications. Let a healthcare professional know if you take any medications either prescribed by a healthcare professional, bought from the pharmacy or the supermarket or any herbal or alternative medicines. It is especially important to mention if you take medications for depression, epilepsy or any mental health conditions.

Before starting any new medication ensure you check with your GP, Pharmacist or the Outpatient Antibiotic Team (OPAT). Do not buy or use decongestant and cold or flu products e.g. Sudafed® or some Otrivine® or any products containing pseudoephedrine or phenylpropanolamine without discussing with a healthcare professional.

Why do I need to be seen weekly?

Linezolid can lower the production of certain blood cells, which could increase the risk of bruising, unexplained bleeding, tiredness, or shortness of breath. Weekly blood tests will show if you are developing any side effects as they can occur at any time. If affected your treatment will be reviewed.

Do I need to change my diet whilst on Linezolid?

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

- Mature or aged cheese
- Aged, smoked, pickled or cured meats/fish/poultry such as salami, liver, pickled herring
- Yeast extracts e.g. Bovril®, Oxo® or Marmite®
- Large amounts of dark chocolate (avoid if possible)
- Protein supplements
- Fermented soya bean products e.g. soy sauce, teriyaki, tofu

- Draught beer, spiced wine, or liqueurs
- Any over ripe fruit or Avocados
- Sourdough bread

This is not an exhaustive list. Please contact the OPAT team, GP or pharmacist if you suffer a throbbing headache after eating or drinking.

What side effects should I look out for on Linezolid?

If you have any of the following symptoms, tell your doctor, pharmacist or speak to the OPAT team on 01482 461072.

- Nausea and vomiting
- Pins and needles in hands and feet
- Unexplained rash, soreness of the skin with or without a fever
- Severe or recurrent diarrhoea or stomach pains
- Yeast infections especially vaginal or oral “thrush”
- Metallic taste in the mouth
- Yellowing of skin or generalised itching
- Headaches
- Problems sleeping
- Reduced appetite or sores in the mouth
- Confusion, agitation and or restlessness as well as any changes in mood and personality must be discussed
- Feeling sick or at worst, seizures or fits

If you present with any of these symptoms you should present to your nearest accident & emergency (A&E) department as you might be having an allergic/adverse reaction.

- Allergic symptoms such as problems breathing, a widespread rash, swelling or fast heartbeat
- Bleeding gums, black tarry stools or unexpected bleeding or bruising
- Severe headache
- Any changes to your eyesight e.g. blurred vision, colour changes or problems with indirect vision

What if I'm pregnant or breastfeeding?

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor, pharmacist or nurse for advice before taking this medication.

Should you require further advice on the issues contained in this leaflet, please do not hesitate to contact your clinical team.

This leaflet was produced by the **Pharmacy Department**, Hull University Teaching Hospitals NHS Trust and will be reviewed in **December 2027**.

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