

# Patient Information Leaflet

## Mycoplasma Genitalium (MG) Treatment: Doxycycline and Azithromycin

## What is Mycoplasma?

Mycoplasma is a sexually transmitted infection caused by a bacterium called *mycoplasma genitalium*. It often causes no symptoms but if not treated it can cause complications and serious long-term health problems. Many people live with mycoplasma genitalium for months or years without knowing they are carrying the bacteria. It is important to access treatment once diagnosed to prevent long-term health complications and reduce transmission to others.

## How is Mycoplasma treated?

Uncomplicated infection may be treated with a course of two antibiotics, doxycycline and azithromycin. These work by preventing the bacteria responsible for the infection from generating a protein it needs to grow and sustain itself. Once the infection can no longer spread, the immune system kills off the bacteria.

When used to treat mycoplasma genitalium, doxycycline is taken for seven days and then azithromycin is taken for 3 days according to the schedule below:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Drug Name and Strength	Doxycycline 100mg capsules	Azithromycin 250mg tablets	Azithromycin 250mg tablets	Azithromycin 250mg tablets						
Directions	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take ONE capsule TWICE a day 12 hours apart	Take FOUR tablets as a SINGLE dose	Take TWO tablets ONCE DAILY	Take TWO tablets ONCE DAILY

Doxycycline capsules should be swallowed whole with a glass of water whilst standing or sitting upright. It is important not to lie down for at least thirty minutes after taking the capsules so that they can move as swiftly as possible into the stomach and prevent irritation of the throat or oesophagus (the tube taking food from the mouth to the stomach).

Azithromycin tablets should be swallowed whole, preferably with a drink of water, with or without food.

If you forget to take your medicine, continue the prescribed course as planned as soon as you remember. Do not make up for a missed dose by taking a double dose.

It is important to ensure that you complete the course, even if your symptoms go away before you've finished it.



## What are the possible side effects from these medicines?

Like all medicines, doxycycline and azithromycin may cause side effects, although not everybody gets them.

- Doxycycline may cause skin reactions, sensitivity to sunlight or sunburn, headaches or vision problems, diarrhoea, stomach pain, feeling or being sick, loss of appetite, low blood pressure, aching joints or muscles, unusual rapid heartbeats and ringing or buzzing noise in the ear.
  - It is important you protect your skin from sunlight whilst taking doxycycline, even on a bright but cloudy day. Do not use sunbeds.
- The most common side effects associated with azithromycin include diarrhoea, headache, feeling or being sick and stomach pain.

The list of side effects above is not exhaustive. For more detailed information, please consult the patient information leaflets supplied with the medicines.

## Can I take these medicines with other medicines?

If you are taking any other medicines, please ensure that you tell your clinician as azithromycin and doxycycline may interact with other medicines you are taking, reducing their effectiveness or increasing the risk of side effects.

Do not take indigestion remedies, or medicines containing iron or zinc, 2 hours before or after you take these medicines.

## Can I take these medicines if I am, or could be, pregnant or am breastfeeding?

Please tell your clinician if you could be pregnant or are breastfeeding; this treatment may not be suitable for you if you are pregnant and is not recommended for use in breastfeeding mothers.

## Important allergen information

The ingredients of the tablets may vary depending on the brand you are given. Always check the patient information leaflet supplied with your medicine for any ingredients that you are allergic to. Some versions of azithromycin tablets may contain soya oil and so may not be suitable if you are allergic to nuts or soya.

## How do I store the medicines?

You should store your medicines at room temperature (less than 25°C) in a safe place out of the reach of children.

For further information about this service, contact:

**Call us: 0300 300 3030**

**Visit our website: [www.icash.nhs.uk](http://www.icash.nhs.uk)**

If you require this information in a different format such as in large print or on audio tape, or in a different language, please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble) please visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and follow the links or please contact us



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or [email@ccs-tr.pals@nhs.net](mailto:email@ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.