



# Linezolid

Reviewed: June 2024  
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Version 1

## **About this leaflet**

This leaflet gives you information and advice about the linezolid medication you have been prescribed.

### Your information

Name:	
Address:	
CHI number:	
Date started on Linezolid:	

## **What is Linezolid and what are the benefits of taking it?**

Linezolid is an antibiotic we use to treat infections and works by stopping the growth of certain types of bacteria. The main benefit of being prescribed this treatment is that you can take it as a tablet or as a liquid. This means that you may not need to have an intravenous drip to receive your antibiotic and 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 8am and then at 8pm. You can take it before, with or after food. Occasionally, for certain infections, your doctor may tell you to take this medicine once a day only.

### **How long will I need to take Linezolid?**

Your doctor will decide how long you need to take linezolid. Do not stop taking it until your doctor tells you to stop, even if you start to feel better. If you stop it too soon, surviving bacteria may cause the infection to come back.

## Frequently asked questions

### Do I need to change my diet while on Linezolid?

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

- Any food that is not fresh, over ripe or beyond the expiry date
- Mature or aged cheese, sour cream and yoghurt
- Liver, kidney, pickled herring, anchovies, caviar, wild game e.g. venison, rabbit
- Fermented or air-dried meats, such as salami, pepperoni and Lebanon bologna
- Yeast extracts, e.g. Bovril, Oxo or Marmite
- Fermented soya bean products, e.g. soy sauce
- More than 500g dark chocolate
- High protein diet supplements
- Beer, wine, sherry and liqueurs
- Broad beans, peanuts, canned figs, dried fruits (raisins, prunes)
- Over ripe fruits, especially bananas and avocados

If you develop a throbbing headache after eating or drinking whilst taking linezolid, tell your doctor or pharmacist immediately.

### What side effects might I experience on Linezolid?

Like all medicines, Linezolid can have side effects. For a complete list of these please see the manufacturers leaflet that comes with this medicine.

If you notice any side-effects or have any concerns please discuss them with your GP, hospital doctor or NHS 24 on 111 as soon as possible.

**Important – If you develop any of the following symptoms whilst taking linezolid contact your hospital doctor immediately or go to your nearest Accident and Emergency department.**

- Severe throbbing headache
- Unexplained bleeding or bruising
- Blurred vision or other problems with eyesight
- Tingling or numbness in your hands or feet
- Severe or persistent diarrhoea
- Recurrent nausea and vomiting, abdominal pain or increased breathing rate

### How will I be monitored whilst on Linezolid?

If you are prescribed linezolid for more than a week you will need to have weekly blood tests. We will either ask you to return to the hospital or arrange for you to attend an out-patient clinic in your local health board area. If a follow-up appointment has not been arranged for you, please speak with your doctor.

If you are prescribed linezolid for longer than 28 days your doctor must monitor your eyesight regularly for any blurred vision or other problems. You may also need regular blood pressure monitoring if you are taking certain medications that can interact with linezolid. Please keep a note of all follow up appointment details (see overleaf).

## Can I take all of my current medicines with Linezolid?

Please tell your doctor or pharmacist about all the medicines you are currently taking or have taken recently. This includes any medicine bought without a prescription e.g. herbal medicines or alternative medicines. It is important to mention if you are taking antidepressants. Please check with your doctor or pharmacist before starting any new medicines while you are taking linezolid.

## What about pregnancy or breastfeeding?

We do not usually give linezolid 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 taking linezolid. Please tell your doctor if you are currently breastfeeding.

## Where do I get supplies of Linezolid from?

You will normally get linezolid from the hospital pharmacy - this may be at your local health board if arrangements are made for you to attend there for out-patient blood test monitoring. As you will need weekly blood tests we will normally only give you a one week supply of linezolid at a time.

## ➤ Further advice and information

You can find further information about linezolid in the information leaflet that comes with the antibiotic or you can ask your doctor or pharmacist.

Follow up appointments					
Date	Time	Venue	Date	Time	Venue

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from GGC  
Information  
about linezolid  
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☎: 0141 951 5513