Patient Information
O30

NHS Golden Jubilee

Linezolid

Reviewed: July 2026
Next review: July 2027
Version 2

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 that are high in tyramine can increase your blood pressure when you are taking this medicine. You should avoid eating large amounts of 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 (especially draught beers), wine and other alcoholic drinks
- 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, pharmacist or NHS 24 on 111 as soon as possible.

Important – If you develop any of the following symptoms whilst taking linezolid contact NHS 24 on 111 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**

Adapted with kind permission from GGC Information about linezolid leaflet (February 2025)

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फ़ॉरमेट (आरूप) में भी उपलब्ध हैं।

我们所有的印刷品均有不同语言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਰੀਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

reviewed for plain English

☎: 0141 951 5513