Linezolid
Complex Outpatient Antibiotic Therapy (COpAT) service

What is Linezolid?
Linezolid is an antibiotic used for variety of infections including, skin, bone and joint, and respiratory infections. It stops bacteria from growing and therefore allows your immune system to manage the infection.

How do I take Linezolid?
Linezolid is taken by mouth. It is generally given as a tablet (although it is also available as a suspension) and it should be taken twice daily (approximately every 12 hours).

If your prescribed dose is different to this, your consultant or pharmacist can explain why.

Linezolid tablets should be swallowed whole with a glass of water, with or without food.

The duration of Linezolid therapy will vary depending on your condition. Usually, courses last between 7 and 28 days. If the course needs to be extended then your consultant or COpAT pharmacist will inform you about the changes.

What should I do if I forget to take my medicine?
Take the tablet as soon as you remember. Take the next tablet 12 hours after this and continue thereafter every 12 hours. Do not take double the dose to make up for it.

Are there any special precautions I must take whilst I am on Linezolid?
Linezolid is known to interact with tyramine-rich foods. This can cause some potentially serious side effects, therefore it is important to limit your intake of these. Tyramine-rich foods include:

- Mature cheeses (cheddar, Swiss, parmesan, stilton, camembert, blue cheese, gorgonzola)
- Cured meats (pepperoni and salami)
- Smoked or processed meats (bacon, corned beef, smoked fish)
- Pickled or fermented foods
- Certain sauces including: soy, shrimp or fish sauce, miso, teriyaki
- Soybeans and soybean products
- Mangetout and broad beans (including their pods)
- Dried or over-ripe fruit, especially over-ripe bananas or avocados
- Yeast extracts (Marmite, Vegemite, Bovril)
- Certain beers and red wine
Eating excessive quantities of these foods while taking Linezolid can cause dangerously high blood pressure.

If you experience symptoms of raised blood pressure, including a throbbing headache, flushing, dizziness or visual disturbances, please inform your GP or the COpAT team as soon as possible.

Can I take Linezolid and my current medication?
Linezolid can interact with a variety of prescribed and non-prescribed medicines. These include certain antidepressants, blood thinning drugs, antibiotics and some herbal medicines.

Please make sure that the hospital team are aware of what medication and supplements you normally take as they will check for interactions with these when you are prescribed Linezolid.

You must also inform your GP, community pharmacist, dentist and other clinics that you are taking Linezolid in case they prescribe new medication.

More details can be found in the manufacturer’s information leaflet that comes with your Linezolid.

What side effects could I experience with Linezolid?
As with all medicines, Linezolid can cause side effects. Below are the most common side effects.

- Diarrhoea
- Vomiting
- Nausea
- Oral (and vaginal) thrush
- Headaches
- Metallic taste in the mouth
- Difficulty sleeping

In rare cases Linezolid can have severe side effects. If you notice any of the below contact the COpAT team or hospital immediately.

- Changes in your eye sight (blurred vision, colour changes, difficulty in seeing things).
- Allergic reactions (widespread rash, swelling, difficulty breathing or fast heartbeat).
- Unexplained bleeding or blood in your poo.

More details can be found in the manufacturer’s information leaflet that comes with your Linezolid.

If you experience any new symptoms while on Linezolid, please contact your GP and the COpAT pharmacist.
How will my treatment progress be monitored?
The Complex Outpatient Antibiotic Therapy (COpAT) team pharmacist will monitor your blood tests every week until you finish treatment.

Each week you will receive a phone call from the COpAT team to check how you are getting on with your treatment - you are able to contact the team during normal working hours if you have any concerns or wish to discuss your treatment.

What blood tests will I need?
When you are discharged from hospital or during your outpatient appointment you will be given a blood test form.

You will need to have a blood test each week during your course of treatment.

The blood tests will be used to monitor your kidney and liver function as well as your full blood count and infection markers. This is to make sure that the antibiotics are working and are not causing any side effects.

You can choose where to have your blood tests done - your local GP surgery, the OPAT clinic at London Road Community Hospital or at Royal Derby Hospital. Remember to take your blood test form with you.

It is important to make sure you have your blood test before you run out of medication.

I’ve only been given 7 days of Linezolid, how do I get more supply?
When you are discharged from hospital, or when you receive your first Linezolid prescription from the outpatient clinic, you will initially be given 7 days of Linezolid.

The COpAT team will then contact you each week to organise sending you more antibiotics, providing your blood test results are satisfactory and you are not experiencing any side effects. You will also be given a new blood test form each week.

The COpAT team uses the Derbyshire Blood Bike service to deliver your medication to your home address at a time convenient to yourself.

What if I am pregnant or breastfeeding?
Please inform your consultant or the COpAT team if you are currently pregnant, breastfeeding or are planning to become pregnant during your course of treatment.

What if I become unwell while on Linezolid?
If you become unwell while on Linezolid please contact your consultant or the COpAT team. Alternatively, you can talk to your GP or attend A&E in emergency situations.
What if I have further questions?
Please contact the Complex Outpatient Antibiotic Therapy (COpAT) team if you have any questions:

**OPAT pharmacist:** 07823 373 820

**OPAT pharmacy technician:** 07823 373 909

**OPAT nurse:** 07471 140 520

Information about the Complex Outpatient Antibiotic Therapy (COpAT) team can be found on our website at: [www.uhdb.nhs.uk/complex-outpatient-antibiotic-therapy-copat](http://www.uhdb.nhs.uk/complex-outpatient-antibiotic-therapy-copat) or scan the QR code on a smartphone/tablet to access it.

**Linezolid antibiotic treatment information**

<table>
<thead>
<tr>
<th>Hospital no:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>NHS no:</td>
<td></td>
</tr>
<tr>
<td>Indication:</td>
<td></td>
</tr>
<tr>
<td>Dose and frequency:</td>
<td></td>
</tr>
<tr>
<td>Start Date:</td>
<td></td>
</tr>
<tr>
<td>End Date:</td>
<td></td>
</tr>
</tbody>
</table>