



MEDICINE TO TREAT: BACTERIAL INFECTIONS

Clindamycin

1. What is the medicine used for?

Clindamycin is an antibiotic that is used to treat infections caused by some bacteria. These may include infections of the lung, skin and soft tissue, blood and genital tract. It can also be applied on the skin to treat acne.

2. How should I take the medicine?

Oral Clindamycin

- Clindamycin may be taken with food or milk to decrease stomach upset. Take each dose with a full glass of water.
- You should complete each course of antibiotics even if you feel better as incomplete treatment might cause the infection to return or cause antibiotic resistance. When antibiotic resistance happens, the antibiotic will not be able to control the growth or kill the bacteria anymore.
- You should stop the medicine and see your doctor if you develop any allergic reactions such as rashes, swollen eyes or difficulty breathing.
- Medicines containing kaolin, which is used to treat diarrhoea, will decrease the effects of clindamycin. Do not take kaolin when you are taking clindamycin.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medicine to make up for the missed dose.

Topical Clindamycin (for applying on the skin)

- Wash your hands before and after using the medicine.
- Clean and dry the area that you will be applying clindamycin on. Apply a thin layer of the medicine.
- Topical clindamycin is usually applied 1 to 2 times a day. Follow your doctor's instructions.
- Avoid your eyes, nose, mouth and lips when you apply clindamycin on your skin. Wash with water if the medicine gets into any of these areas.
- It may take up to 3 months to see the effects of this medicine. Do not stop using it even if you do not see results immediately.
- If you miss an application, apply the missed dose as soon as you remember. However, if it is almost time for your next application, skip the

dose you missed and apply only your next scheduled dose. Keep applications at least 12 hours apart.

3. What are the possible side effects of the medicine?

If you experience any of the following serious side-effects, stop taking/applying clindamycin and seek emergency medical attention:

- Yellow skin or eyes, little or no urine.
- Signs or symptoms of pseudomembranous colitis, which is an antibiotic related inflammation of the colon. Signs include constant diarrhoea, abdominal pain and blood or pus in your stool.

Other less serious side effects include nausea, vomiting, decreased appetite, heartburn, or an unpleasant or metallic taste in your mouth.

Talk to your doctor about any side-effect that seems unusual or that is especially troublesome.

4. How do I know if I am allergic to this medicine?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medicine immediately and see your doctor.

5. What precautions should I follow when taking the medicines

Clindamycin (Oral):

If you have liver disease, kidney disease or stomach or intestinal disease, you may not be able to take clindamycin or you may need a lower dose or special monitoring during your therapy.

It is not known whether clindamycin will harm an unborn baby. Do not take this medicine without first talking to your doctor if you are pregnant.

Clindamycin passes into breast milk and may affect a breastfed infant. Do not take this medicine without talking to your doctor first if you are breast-feeding.

Clindamycin for application on skin

Avoid applying clindamycin to broken or irritated skin. This medicine could make your condition worse.

Avoid using other skin products on the same area at the same time unless your doctor advises you to do so. This includes irritating cleansers, perfumes or cosmetics.

Clindamycin is unlikely to harm an unborn baby when applied on the skin. However, do discuss with the doctor if you are pregnant before using. Clindamycin passes into breast milk and may affect a breastfed infant. Do not apply clindamycin on your skin without talking to your doctor first if you are breast-feeding.

6. How should I store the medicine?

- Keep your medicines in the original container or packaging, tightly closed or sealed in a cool and dry place, away from direct sunlight.
- Keep the medicine out of reach of children.
- Throw away all expired medicines.

This leaflet answers some common questions about this medicine. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist