



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Linezolid

Information for patients, relatives and carers

① For more information, please contact:

Medicines Information

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

Linezolid is an antibiotic that is used to treat infections such as Staphylococcal and similar bacteria. The main benefit of being prescribed this treatment is that it can be given to you as a tablet or liquid. This means that you may not need to have an intravenous drip to receive your antibiotic and you may be able to have part of your treatment at home.

How do I take Linezolid and how long will I need to take it for?

You should take it twice a day every 12 hours, for example at 8am and 8pm. You can take it before, with or after food.

Your doctor or clinician will determine the length of the treatment course. You should continue taking linezolid until you have finished your prescribed course. Do not stop taking this medicine when you start to feel better. If you discontinue it too soon, surviving bacteria may cause a relapse.

Are there any food restrictions with Linezolid?

Some foods that contain tyramine can increase your blood pressure when you are taking this medicine. You should avoid the following types of foods:

- Mature or aged cheese.
- Aged, smoked, pickled, or cured meats/fish/poultry such as salami, liver, pickled herring.
- Beer (draft) Wine no more than one medium (175ml) glass per day. Bottled/canned beer, including non-alcoholic (no more than 568ml/1 pint per day). Minimise alcoholic spirit intake.
- Chocolate (one 50g serving is considered safe).
- Avocados or any over ripe fruit.
- Yeast extracts including Bovril, Oxo or Marmite and soups, gravies, casseroles with meat extracts.
- Soy products, including soy sauce, teriyaki, tofu.
- Broad beans, sauerkraut.
- Sourdough bread.
- Protein diet supplements.

This list is not exhaustive

Other medications (drug interactions)

Your doctor or clinician will review your other medications before starting treatment

Linezolid should not be used if you are taking or have taken within the last two weeks any medicines known as monoamine oxidase inhibitors (MAOIs, for example phenelzine, isocarboxazid, selegiline, rasagiline, moclobemide). These may be used to treat depression or Parkinson's disease.

Interaction with serotonin re-uptake inhibitors (SSRIs), tricyclic antidepressants, 5-HT₁ agonists (triptans), opiates (avoid with pethidine) and methadone also need to be considered.

If you are taking pharmacy only/over the counter, or herbal remedies you must check that it is safe to take with linezolid.

Is there any monitoring I need during treatment?

If you are prescribed linezolid for more than a week you will be asked to return to the hospital for a review and a weekly blood test. If you are taking linezolid for more than a week and you are not having blood tests, please ask your doctor, clinic or OPAT co-ordinator about it.

Your doctor should also monitor your eyesight if you take linezolid tablets for more than 28 days. If you are taking linezolid for more than 28 days and have not had a vision check, please ask your doctor, clinic or OPAT co-ordinator about it.

What side effects might I experience?

All medicines have side effects. Linezolid can cause:

- Reduced blood count (anaemia), which may cause bleeding and bruising.
- Sore mouth/mouth ulcers.
- Nausea/diarrhoea.
- Skin rashes.
- Difficulty in sleeping (insomnia).
- Headaches.
- Dizziness.
- Changes in vision such as blurred vision, changes to sharpness or colour, if affected do not drive or operate any machinery or electrical tools.
- Serotonin syndrome (see page 9)
- Clostridium difficile, pseudomembranous colitis.

What are the symptoms of serotonin syndrome?

The main symptoms include:

- Changes to mental state such as feeling confused, agitated and/or restless.
- Physical symptoms such as sweating, diarrhoea, fever, very sensitive reflexes, fast heartbeat, twitching, being clumsy, shivering and shakes.
- Feeling sick and, at worst, seizures or fits.
- Most cases are mild, feel a bit like 'flu, and probably never get recognised or reported.

Similar symptoms can occur with infections, but these aren't serotonin syndrome so will need medical review.

The risk of having serotonin syndrome is also greater when two substances that increase serotonin levels (such as antidepressants) are taken together.

What should I do if I think I might have an adverse reaction to Linezolid?

If you develop a severe headache, notice any unexplained bruising and bleeding, problems with your sight, tingling in your hands or feet, shortness of breath, severe skin rash, signs of infection or serotonin syndrome, please contact your hospital doctors immediately, or go to your nearest accident & emergency (A&E) department.

If you experience any of the other side-effects listed in this leaflet, please inform your hospital doctor when you see them.

Where can I get more information?

If you have any further questions about your antibiotics you can speak to your doctor or pharmacist. You can also contact the hospital Pharmacy Medicine Information Service:

- York Telephone: 01904 725960

Or e-mail: medicines.information@york.nhs.uk

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Antimicrobial Pharmacist, Pharmacy Department,
The York Hospital, Wigginton Road, York, YO31 8HE or
telephone 01904 721394.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

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Owner	Pharmacy Antimicrobials Team
Date first issued	January 2020
Review Date	October 2025
Version	2 (issued October 2022)
Approved by	Medicines Policy Group
Document Reference	PIL 1403 v2
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