



Ciprofloxacin

What You Need to Know

Deployment Medication Information Sheets (DMIS) are provided by the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM). Written for soldiers and their families, they provide basic information on deployment medications that are intended as guidance only; consult your health care provider for more information.

What is ciprofloxacin?

This medication is an antibiotic used to treat a wide variety of bacterial infections including urinary tract infections, skin infections, or respiratory tract infections. It is also one of the primary drugs for prevention and treatment of anthrax.

How do I take ciprofloxacin?

- Ciprofloxacin should be taken with a full glass of water 2 hours after a meal.
- Drink plenty of fluids while taking this medication.
- If you take any of the following, take them 2 hours before or 2 hours after taking this drug: calcium, zinc, iron, sucralfate, dairy products, or antacids that contain magnesium, calcium, or aluminum.
- Antibiotics work best when the amount of medicine in your body is kept at a constant level. Do this by taking the medication at evenly spaced intervals throughout the day and night.
- Continue to take this medication until the fully prescribed amount is finished, even if symptoms disappear after a few days. Stopping the medication too early may allow bacteria to continue to grow resulting in a relapse of the infection.
- Ciprofloxacin is prescribed for your current condition only. Do not use it later for another infection.
- Do not share this medication with others, especially children.

What does the military require?

There is no specific military requirement. It may be given to prevent traveler's diarrhea for short-term travel to areas with poor sanitation.

Are there any side effects?

- You may have an upset stomach, loss of appetite, diarrhea, nausea, headache, or dizziness during the first few days as your body adjusts to the medication. If these symptoms persist or become severe, inform your health care provider.
- Report new pain or tenderness (tendonitis) in arms or legs promptly.
- Notify your health care provider if you develop skin rash, hives, vision changes, restlessness, or ringing in the ears while taking this medication.
- Ciprofloxacin may cause drowsiness.

Is there any reason I shouldn't take this medication?

- Before taking this medication, tell your health care provider if you have epilepsy, kidney disease or any allergies.
- If you develop muscle or tendon pain or tenderness while using this drug, contact your health care provider promptly.
- This medication can increase sensitivity to sunlight. Avoid prolonged sun exposure. Wear protective clothing and a sunscreen when outdoors.
- Ciprofloxacin may increase and/or prolong the effects of caffeine products (coffee, colas, tea, etc.).
- Before taking this drug, tell your health care provider of any over-the-counter or prescription drugs you are taking, especially theophylline; other antibiotics; anticoagulants (blood thinners); cyclosporine; probenecid; sucralfate; quinapril; antacids that contain magnesium, aluminum, calcium; dairy products; iron; zinc; or didanosine.
- This drug may increase and/or prolong the effects of the caffeine in drug products that contain caffeine.

What if I'm pregnant or breast-feeding?

- This medication should be used only when clearly needed during pregnancy. Discuss the risks and benefits with your health care provider.
- This drug is excreted into breast milk. You may have to stop nursing or stop taking this drug. Consult your health care provider before breast-feeding.

What should I do if I miss a dose?

If you miss a dose, take it as soon as remembered unless it is almost time for the next dose. If it is nearly time for the next dose, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose.

You *can* effectively treat bacterial infections!

- Take the medication as directed.

Be sure it is recorded in your medical record that you are taking this medication.

Where can I get more information?

- Health care provider at your military treatment facility.

DMIS Provided by:

Disease and Injury Control Program

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