New Zealand Formulary
PATIENT INFORMATION

NITROFURANTOIN

nye-troh-few-ran-toe-in

What does it do?

Nitrofurantoin is an antibiotic used to treat and prevent urine infections, often called UTIs (urinary tract infections).

Before you start

- Tell your health professional if you have kidney or liver problems, or if you have G6PD deficiency.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *nitrofurantoin* regularly as directed. Take it with food and with a glass of water. Keep taking it until the course is finished, even if you start to feel better.
Slow-release capsule: Swallow whole – do not crush or chew.

What if you forget a dose?

Take the missed dose as soon as possible and continue as directed.

Can you take other medicines?

Some medicines available without a prescription may react with *nitrofurantoin* including:

- magnesium trisilicate (e.g. Quick-Eze®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Short of breath, persistent dry cough Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain Numbness or tingling of the fingers or toes Symptoms of allergy including: skin rash, itching, swelling, trouble breathing Headache, changes in vision, pounding in one or both ears (may be intracranial hypertension) Severe stomach pain, nausea	Tell your doctor immediately
Stomach upset, loss of appetite	Tell your doctor if troublesome
Change in urine colour (dark yellow or brown)	This is harmless

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Side effects such as lung problems are more likely if you take *nitrofurantoin* long-term to prevent infections. Check with your doctor how long you need it for. Tell your doctor if you develop a dry cough or shortness of breath.