



A Guide to...

Food & Drug

Interactions

How to use the Guide to Food & Drug Interactions

It is important to read the first page of this guide because the information is very useful. This guide contains most of the significant food-drug interactions, but other food-drug interactions may exist. If you have any questions, please contact one of the telephone numbers listed on the back of this guide or ask your physician.

What is a Food-Drug Interaction?

A food-drug interaction happens when the food you eat affects the medicine you are taking, so the medication cannot work the way it should. Food-drug interactions can happen with both prescription and nonprescription (over-the-counter) medicines, including antacids, vitamin pills and herbal products.

Are all medications effected by food?

Not all medicines are affected by food, but many medicines can be affected by what you eat and when you eat it. If you have food in your stomach at the same time you take medication, it may delay or decrease the way a medication should act. On the other hand, some medicines are much easier to tolerate when taken with a meal or snack. You should always ask your nurse, pharmacist or physician for the best way to take your medications.

Facts to remember about food-drug interactions

- Read all directions and warnings printed on the “Patient Medication Information Sheet”. This information is printed from the manufacturer of the medication, and is located within the box that the prescription came in. Even nonprescription medicines can cause problems. Ask questions if you do not understand the directions.
- Do not stir medicine into your food or take capsules apart unless instructed to do so. This may change the way a medicine works.
- Do not take vitamin pills at the same time you take other medicines.
- Do not mix medicines into hot drinks. Heat from the drink may destroy medication effectiveness.

Analgesic Agents

ASPIRIN AND NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (NSAIDS)

- Aspirin – 1, 2, 3, 4, 5
 - Ibuprofen (Advil, Motrin, Nuprin & other various brands) – 1, 5
 - Naproxen (Aleve, Anaprox, Naprosyn) – 1, 5
1. Take with food.
 2. Have adequate fluid intake.
 3. Increase foods high in Vitamin C & folate.
 4. Avoid and/or limit supplements – ginger, garlic or ginkgo.
 5. Avoid alcohol.

NARCOTIC ANALGESICS

- Codeine – 1, 5
 - Dilaudid – 1, 2, 5
 - Morphine – 1, 2, 5
 - Demerol – 5
 - Darvon – 1, 5
 - Lortab, Percocet, Vicodin ES, Lorcet – 1, 5
 - Percodan – 1, 2, 4, 5
1. Take with food.
 2. Have adequate fluid intake.
 3. Increase foods high in Vitamin C & folate.
 4. Avoid and/or limit supplements – ginger, garlic or ginkgo.
 5. Avoid alcohol.

Antibiotics

- Cephalosporins (Ceclor, Ceftin, Cefzil, Keflex, Vantin) – 1
 - Erythromycins (E-mycin, Erytab, EES, EryC, Biaxin, Zithromax) – 1, 6, 7, 8
 - Penicillins (PenG, Pentids, PenVK, Ampicillin, Dycill, Dynapen) – 2
 - Quinolones (Avelox, Cipro, Floxin, Levaquin, Noroxin) – 1, 3, 4, 5, 6
 - Tetracyclines (Doxycycline, Sumycin, Vibramycin) – 1, 3, 5
 - Metronidazole (Flagyl) – 1, 7
 - Nitrofurantoin (Macrobid, Macrochantin) – 1, 5
 - Trimethoprim with sulfamethoxazole (Bactrim/Barctrim DS, Septra/SeptraDS) – 1, 6, 7, 9
 - Linzolid (Zyvox) – 10
1. May take with food.
 2. Take on an empty stomach, 1 hour before or 2 hours after meals.
 3. Avoid yogurt, milk.
 4. Avoid caffeine.
 5. Take antacids, magnesium, calcium, iron, zinc, supplements or multivitamins/minerals separately by 2 - 4 hours.
 6. Have adequate fluid intake.
 7. Avoid alcohol.
 8. Caution with grapefruit/grapefruit juice.
 9. Avoid coumadin, contact physician for advice.
 9. Avoid foods high in tyramine (See Dietary Guidelines).

Anticoagulants

- Cilostazol (Pletal) – 3, 9
 - Clopidogrel (Plavix) – 3, 9
 - Warfarin (Coumadin) – 1, 2, 3, 4, 5, 8, 9
 - Ticlopidine (Ticlid) – 6, 7, 9
 - Pentoxifylline (Trental) – 6, 9
1. Consistent Vitamin K (See Dietary Guidelines) consumption.
 2. Caution with Vitamin C supplements – may decrease drug absorption.
 3. Avoid/limit supplements such as garlic, ginger, ginseng, ginkgo, horse chestnut or coenzyme Q 10.
 4. Avoid avocados.
 5. Caution with alcohol.
 6. Take with food.
 7. Take magnesium supplements or antacids separately by more than 2 hours.
 8. Do not take with septrin/bactrim.
 9. Check with physician before using over-the-counter (OTC) medications that might contain aspirin or nonsteroidal agents.

Cardiovascular Agents

ACE INHIBITORS

- Altace, Benzapril (Lotensin) – 1, 4, 5, 6, 7, 8
- Enalapril (Vasotec) – 1, 4, 5, 6, 7, 8
- Lisinopril (Prinivil) – 1, 4, 5, 6, 7, 8
- Captopril (Capoten) – 2, 5, 6, 7, 8
- Fosinopril (Monopril) – 1, 4, 5, 6, 7, 8, 9, 10
- Quinapril (Accupril) – 4, 5, 6, 7, 8

CALCIUM CHANGE BLOCKERS

- Nefedipine (Adalat, Procardia), Cardene – 2, 3, 7
- Verapamil (Calan, Isoptin) – 1, 3, 4, 7, 13
- Diltiazem (Cardizem, Dilacor, Tiazac) – 2, 3, 4, 7

OTHER

- Amiodarone (Cordarone) – 3, 17
- Carvedilol (Coreg) – 1
- Digoxin (Lanoxin, Digitek) – 9, 14, 15, 16, 17
- Labetalol (Trandate) – 1, 7
- Metoprolol (Lopressor, Toprol) – 1, 7
- Propranolol (Inderal) – 1, 7
- Nitrates (Imdur, ISMO, Isordil, Nitrocap, Sorbitrate) – 7
- Quinidine (Cardioquin, Duraquin, Quinaglute, Quinidex, Quinora) – 1, 2, 8

1. May take with food.
2. Take on an empty stomach, 1 hour before meals.
3. Caution with/avoid grapefruit or grapefruit juice 2 hours before or after dose.
4. Watch sodium intake.
5. Avoid salt substitutes. Caution with potassium supplements.
6. Avoid natural licorice.
7. Avoid alcohol.
8. Adequate fluid intake.
9. Take magnesium supplements separately by 2 hours.
10. Take calcium supplements separately by 2 hours.
11. Caution with calcium and/or vitamin D supplements.
12. Watch fat intake.
13. Limit caffeine.
14. Take separately from high fiber/pectin foods.
15. Maintain high potassium, low sodium diet along with adequate magnesium and calcium.
16. Caution with the following herbal products: aloe, foxglove and hawthorn.
17. Avoid St. John's Wort.

Diuretics

POTASSIUM DEPLETING

- Bumetanide (Bumex) – 1, 2, 3, 4, 5
- Furosemide (Lasix), Torsemide (Demadex) – 1, 2, 3, 4, 5

POTASSIUM SPARING

- Spironolactone (Aldactone) – 1, 2, 3, 5, 6
- Dyazide, Maxide – 1, 2, 3, 5, 6, 7

1. May take with food.
2. Caution with alcohol.
3. Watch sodium intake.
4. May need to increase potassium and magnesium containing foods.
5. Avoid natural licorice.
6. Avoid excessive potassium intake, potassium supplements, salt substitutes.
7. Caution with calcium and/or Vitamin D supplements.

Gastrointestinal Agents

- Diphenoxylate (Lomotil) – 1, 6
- Metoclopramide (Reglan) – 2, 6
- Cimetidine (Tagamet) – 1, 3, 4, 5, 6
- Omeprazole (Prilosec) – 2
- Pantoprazole (Protonix) – 2
- Lansoprazole (Prevacid) – 2
- Esomeprazole (Nexium) – 2
- Laxatives (Colace, Metamucil) – 7

1. May take with food.
2. Take 30 minutes before meals or at bedtime as directed.
3. May need a bland diet.
4. Take iron supplements at least one hour before drug.
5. Take magnesium supplements or antacids separately by 1 hour.
6. Avoid alcohol.
7. Consume a high fiber diet with 6-8 cups of water a day.

Anti-Diabetic Agents

- Rosiglitazone (Avandia) – 7, 8
- Pioglitazone (Actos) – 7, 8
- Glipizide (Glucotrol, Glucotrol XL) – 1, 2, 8
- Glyburide (DiaBeta, Micronase) – 1, 3, 8
- Micronized, Glyburide (Glynase) – 1, 3, 8
- Metformin (Glucophage, Glucophage XR) – 1, 3, 6, 8
- Glimepiride (Amaryl) – 1, 3, 8
- Repaglinide (Prandin) – 4, 8
- Nateglinide (Starlix) – 4, 8
- Acarbose (Precose) – 5, 8
- Miglitol (Glyset) – 5, 8
- Glyburide + metformin (Glucovance) – 1, 3, 6, 8
- Glipizide + metformin (Metaglip) – 1, 2, 6, 8
- Avandia + metformin (Avandamet) – 1, 3, 6, 8
- Avandia + Amaryl (Avandaryl) – 1, 3, 7, 8
- Actos + Metformin (Actoplus Met) – 1, 3, 6, 7, 8

1. Avoid alcohol.
2. Take 30 minutes before eating.
3. Take with meals or just before meals as ordered by your physician.
4. Take 15-30 minutes before meals (do not take medication if meal is skipped).
5. Take with the first bite of food at each main meal.
6. May decrease absorption of Vitamin B12.
7. Caution with herbal supplements.
8. Avoid licorice.

Monoamine Oxidase Inhibitors

- Phenelzine (Nardil) – 1, 2, 3, 4, 5
- Tranylcypromine sulfate (Parnate) – 1, 2, 3, 4, 5

1. Avoid foods high in tyramine and other pressor amines (See Dietary Guidelines).
2. Avoid tryptophan supplements.
3. Avoid St. John's wort and ginseng.
4. Limit caffeine.
5. Avoid alcohol.

Parkinson's Drugs

- Rasagiline (azilect) – 1

1. Avoid foods high in tyramine and other pressor amines (See Dietary Guidelines).

Minerals

- Iron (Ferrous sulfate, Fergon, Feosol, Niferex, other brands) – 1, 2, 3, 4, 5, 6, 7
- Potassium Chloride (K-Dur, Micro-K, Kaon, K-lyte) – 8, 9

1. Take with 8 ounces water or juice on empty stomach.
2. May take with food but will decrease absorption by 50%.
3. Take 1 hour before or 2 hours after eating bran, high phytate foods (See Dietary Guidelines), fiber, supplements, tea, coffee, red grape juice/wine, soy, dairy products or egg.
4. Vitamin C will increase absorption.
5. Meat increases absorption.
6. Take carbonate antacids, calcium, phosphorus, zinc or copper supplements separately by 2 hours.
7. Avoid alcohol.
8. Avoid salt substitutes.
9. Take with food.

Respiratory Agents

- Albuterol (Proventil, Ventolin) – 1, 2
- Theophylline (TheoDur, Slo-Bid, other brands) – 1, 2, 3, 4

1. May take with food.
2. Limit caffeine.
3. Avoid alcohol.
4. Consistent intake of protein/carbohydrate for consistent drug levels. Avoid drastic changes in caffeine intake.

Anti-anxiety Agents

- Alprazolam (Xanax) – 1, 2, 3, 4
- Diazepam (Valium) – 1, 2, 3, 4, 5
- Lorazepam (Ativan) – 1, 2, 3, 4

1. May take with food or water.
2. Limit caffeine.
3. Caution with herbal products.
4. Avoid alcohol.
5. Caution with grapefruit juice.

Anti-depressant Agents

- Amitriptyline (Elavil) – 1, 2, 3, 4, 6
- Fluoxetine (Prozac) – 1 (in a.m.), 4, 5, 6
- Paroxetine (Paxil) – 1, 4, 5, 6
- Sertraline (Zoloft) – 4, 6, 7

1. May take with food.
2. Increase fiber foods may decrease drug affect.
3. Limit caffeine.
4. Avoid St. John's wort.
5. Avoid tryptophan supplement.
6. Avoid alcohol.
7. Take consistently with or without food.

Lipid Lowering Agents

- Atorvastatin (Lipitor) – 1, 2, 3, 4
- Fluvastatin (Lescol) – 1, 2, 4
- Pravastatin (Pravachol) – 1, 2, 4
- Rosuvastatin (Crestor) – 1, 2, 4
- Simvastatin (Zocor) – 1, 2, 3, 4
- Gemfibrozil (Lopid) – 4, 5, 6

1. Follow low fat, low cholesterol diet.
2. Avoid grapefruit/grapefruit juice.
3. Avoid St. John's wort supplements.
4. Limit alcohol.
5. Follow low fat, low sugar diet.
6. Take 1/2 hour before breakfast and supper or as directed by your physician.

Miscellaneous Agents

- Alendronate D (Fosamax D) – 1, 2, 4, 16
- Alendronate (Fosamax) – 1, 2, 3, 4
- Risedronate (Actonel) – 1, 2, 3, 4
- Ibandronate Sodium (Boniva) – 1, 2, 3, 4

ANTI-HISTAMINE AGENTS

- Diphenhydramine (Benadryl) – 5, 6

- Barbiturates (Phenobarbital) – 3, 6, 7
- Carbidopa/Levodopa (Sinemet) – 8, 9

CORTICOSTEROID AGENTS

- Prednisone – 5, 6, 10, 11, 12
- Dexamethasone (Decadron) – 9, 10, 11, 12
- Lithium – 12, 13, 14, 15

1. Take 1/2 hour before meals/food with 6 to 8 ounces of water (best if taken two hours before food).
2. Do not lie down for 30 minutes after medication is taken.
3. Consume adequate calcium and Vitamin D.
4. Limit alcohol.
5. May take with food.
6. Avoid alcohol.
7. Limit caffeine.
8. May take with low protein foods or juice, not with high protein foods.
9. Take iron supplement separately.
10. Limit foods high in sodium.
11. May need foods high in potassium, vitamin A, C, D, Phosphorus and Calcium.
12. Take with food.
13. Consume a consistent amount of sodium.
14. Avoid iodine supplements.
15. Consume adequate fluid (2-3 liters/day).
16. Consume adequate calcium.

Dietary Guidelines

FOODS CONTAINING HIGH AMOUNTS OF VITAMIN K

- Spinach
- Kale
- Mustard greens
- Broccoli
- Brussels sprouts
- Lettuce, green leaf
- Endive
- Lettuce, romaine
- Soybeans
- Asparagus
- Kiwi fruit
- Peas
- Blueberries
- Cabbage
- Cashews
- Cauliflower

FOODS CONTAINING HIGH AMOUNTS OF TYRAMINE

Foods that should be avoided

- Aged cheese
- Any outdated or nonpasteurized dairy product
- Protein dietary supplements
- Aged, Smoked or Pickled meats, fish, poultry, sausages (including lunch meats and hot dogs)
- Leftover foods containing meat, fish or poultry
- Any overripe, spoiled or fermented fruit or vegetables
- Fava or Broad beans
- Avocados
- Sauerkraut
- Meat bouillons and gravies
- Yeast supplements, meat extracts, soy sauce
- Tap Beer (alcohol and wines may provoke an adverse reaction)
- Herbal Teas (may interfere with medications or contain tyramine)

HIGH PHYTATE (PHYTIC ACID) FOOD SOURCES

- Almonds
- Barley, whole grain
- Brazil nuts
- Cereal (All Bran, Shredded Wheat, wheat flakes, oatmeal)
- Cocoa, dry powder
- Coconut, raw
- Corn chips
- Hazelnuts
- Peanuts
- Peanut butter
- Rye bread
- Soybean meal
- Soybean protein concentrate
- Soybean protein isolate
- Walnuts
- Wheat bran

FOODS CONTAINING HIGH AMOUNTS OF POTASSIUM

- Grapefruit juice
- White beans
- Baked potato, with skin
- Lima beans
- Baked squash
- Yogurt
- Banana
- Papaya
- Artichoke
- Dates
- Tomato juice
- Rutabaga
- Potato, boiled
- Orange
- Raisins
- Apricot

YOUR NOTES:

For assistance or additional information on medications:

- 1. Mercy Hospital Inpatient Pharmacy 810/985-1480
- 2. Mercy Hospital Outpatient Pharmacy 810/966-3140
- 3. Mercy Hospital Outpatient Pharmacy (Mercy Health Center) 810/966-7484

*To find out more about Mercy Hospital,
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