SIDDHANTA REDCROSS SUPERSPECIALITY HOSPITAL

What You Should Know About Your Medications

INTRODUCTION

Medications, both prescription and over-the-counter, are used every day to treat acute and chronic illness. Medications can help people live healthy lives for a prolonged period. Although these approved drugs are prescribed often, it is important to realize that they must still be **used with caution.**

Foods and the nutrients they contain can interact with medications we take. This can cause unwanted effects. A food / drug interaction occurs when a food, or one of its components, interferes with the way a drug is used in the body.

This fact sheet describes common food / drug and drug / nutrient interactions. We hope this will help you see the potential for interactions and learn to avoid them. Be sure to talk with your doctor and pharmacist to get the maximum benefits from medication use.

FOOD / DRUG INTERACTIONS

Foods can interfere with the stages of drug action in a number of ways. The most common effect is for foods to interfere with drug absorption. This can make a drug less effective because less gets into the blood and to the site of action. Second, nutrients or other chemicals in foods can affect how a drug is used in the body. Third, foods may affect excretion of drugs from the body.

With some drugs, it's important to avoid taking food and medication together because the food can make the drug less effective. For other drugs, may be good take the drug with food to prevent stomach irritation.

Alcohol can affect many medications. Always check with your pharmacist about possible effects of alcohol on your medication.

THINGS TO KEEP IN MIND

As you probably know, there are a wide variety of medications on the market today. Almost all medications have the potential to cause side effects. Many people take more than one medication. This is especially true with older people. When people take multiple medications, food drug interactions are more likely to occur.

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EXAMPLES OF FOOD / DRUG INTERACTIONS			
Drug Class	**Food that Interacts**	**Effect of the Food**	**What to Do**
Analgesic Paracetamol (Crocin)	Alcohol	Increases risk for liver toxicity	Avoid alcohol
Antibiotic Tetracyclines Amoxicillin, Pencillin, Zithromax, Erythromycin Nitrofurantoin	Dairy products; Iron supplements Food Food	Decreases drug absorption Decreases drug absorption Decreases GI distress, slows drug aborsption	Do not take with milk. Take 1 hour before or 2 hours after food / milk. Take 1 hour before or 2 hour after meals. Take with food or milk

Drug Class	Food that Interacts	Effect of the Food	What to Do
Anticoagulant Warfarin (Coumadin)	Foods rich in Vitamin K	Decreases drug effectiveness	Limit foods high in Vitamin K : liver, broccoli, spinach, kale, cauliflower, and Brussels sprouts
Anticonvulsant Phenobarbital, Primidone	Alcohol, Vitamin C	Causes increased drowsiness Decrease in drug effectiveness	Avoid Alcohol Moderate intake of Vitamin C
Antifungal Griseofulvin	High-fat meal	Increases drug absorption	Take with high-fat meal
Antihistamine Diphenhydramine (Benadryl), Chlorpheniramine	Alcohol	Increased drowsiness	Avoid alcohol
Antihyperlipemic Lovastin	Food	Enhances drug absorption	Take with food
Antihypertensive Felodipine, Nifedipine	Grapefruit juice	Increases drug absorption	Consult your physician or pharmacist before changing diet
Anti-inflammatory Naproxen (Naprosyn), Ibuprofen (Brufen)	Food or milk Alcohol	Decrease GI irritation Increase risk for liver damage or stomach bleeding	Take with food or milk Avoid alcohol
Diuretic Spironolactone (Aldactone)	Food	Decreases GI irritation	Take with food
Psychotherapeutic MAO inhibitors : Isocarboxazid Tranylcypromine Phenelzine	Foods high in tyramine : aged cheeses, Chianti Wine, Brewer's Yeast, broad beans	Risks for hypertensive crisis	Avoid food high in tyramine