

FOOD - DRUG INTERACTION



DRUG	FOOD	INTERACTIONS	PRECAUTIONS TO BE TAKEN
ANTICOAGULANT (Prevents the formation of blood clots) (Coumadin, warfarin / acenocoumarol)	Food rich in vitamin-K	Decrease drug - drug effectiveness	Avoid vitamin-K rich foods e.g green leafy vegetables, liver, broccoli, spinach, cauliflower, sprouts, kale
STATIN (lowers cholesterol levels) Lovastatin	Antioxidants (Vitamin A,C,E,B, Folic acid)	Antioxidants may interact with the drug by reversing its effect	Take with food
H2 BLOCKER (acid reducers) Famotidine / Ranitidine	Caffeine	Caffeine products may irritate the stomach	Avoid coffee
ACE INHIBITOR (to relax blood vessels) Captopril/enalapril/Lisinopril, quinapril, moexipril	Potassium rich foods	Hyperkalemia	Avoid potassium rich foods
ANTI-HYPERTENSIVE (Reduced BP) Felodipine, nifedipine	Grape fruit juice, meat, canned food)	Will decrease , increase the effectiveness of the drug	-
ANTIBIOTICS (Treat infection caused by bacteria) Tetracycline Amoxicillin/ Penicillin Erythromycin Nitrofurantoin	Dairy products and iron supplements - Food	Decrease the drug absorption Decrease the drug absorption Decrease GI distress slow drug absorption	Do not take with milk Take 1 hour before or 2 hour after food/milk Take 1 hour before or 2 hour after Take with food or milk
ANALGESIC/ ANTI-INFLAMMATORY (To treat mild to moderate pain & fever) Aspirin Ibuprofen Paracetamol	Large amount food, milk alcohol	Cause loss of vitamin- c decrease GI irritation Increase risk of liver damage or stomach bleeding Increase risk of liver damage	Give vitamin c diet more take with food Avoid alcohol Avoid alcohol

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BRONCHODILATOR (Treats the symptoms of bronchial asthma) Theophylline/Albuterol / Epinephrine	High fat meals	High fat meals may increase the amount of theophylline in the body, while high carbohydrates meals may decrease it	Avoid high fat meals
DIURETICS (Eliminates water, sodium and chloride from the body) Frusemide Thiazide	Food	The drug may decrease appetite thus decreasing nutrient intake. Taking diuretics often leads to a loss of potassium in the body	Take with food
POTASSIUM SPARING DIURETICS (Prevent potassium secretion in urine) Triamterene Spironolactone	Vitamin K rich food	Hyperkalemia	Avoid bananas , oranges and green leafy vegetables
ANTI-FUNGAL (Treat infections caused by fungi) Griseofulvin	High fat meal	Increase drug absorption	Take with high fat meal
ANTI-DEPRESSANTS (Treats depression Paroxetine / Sertraline / Fluoxetine)	Alcohol	Affect the effectiveness of drug	Avoid alcohol

Some drugs may affect the absorption of nutrients, while some foods e.g some foods containing caffeine- can amplify or modify the effects of certain drugs. taking drugs with hot beverages could also make them less effective

TIPS FOR AVOIDING INTERACTIONS

- There are ways to avoid placing the body at risk of an unwanted nutrient-drug interaction. The following are tips to remember about taking medications and will help avoid interactions
- Avoid consumption of tea, coffee and alcohol
- Read all directions, warnings, and any possible side effects printed on all drug labels and information in the package
- Always take medication with a full glass of water
- A drug may not work correctly if a medicine is taken improperly, do not stir medication into food or take apart capsules (unless told to do so)
- Avoid stirring drugs into hot drinks such as coffee because the drug's effectiveness can be destroyed by the hot temperature
- Do not drink alcohol when taking any medicine
- Always tell a physician and pharmacist about all medicines being taken including both prescription and over-the counter drugs.