

DRUG-FOOD INTERACTIONS

It is important to know how food affects your medicines!

Some Food Interactions are beneficial and some are not. If you know it you can avoid it.



Green leafy vegetables & Warfarin

Green leafy vegetables contain high amounts of Vitamin K. This Vitamin can alter the anticoagulant effect of Warfarin.

Recommendation:

Avoid excessive intake of Vitamin K rich foods such as spinach, kale & broccoli. Keep a steady amount of vitamin K in your diet. Your doctor may adjust the dose of warfarin based on your need.



Dairy Products & Iron Supplements

Dairy products contain high levels of calcium. It may decrease the absorption of iron supplements.

Recommendation:

Take iron supplements atleast 2 hours apart from dairy products such as eggs, milk, cheese & yogurt.



Potassium-rich foods & ACE Inhibitors/ARBs

Angiotensin-Converting Enzyme (ACE) inhibitors such as RAMIPRIL, CAPTOPRIL, LISINAPRIL and Angiotensin Receptor Blockers (ARBs) such as TELMISARTAN, VALSARTAN, LOSARTAN can retain potassium in your body. High potassium levels can cause irregular heartbeat, palpitations.

Recommendation:

A little amount of potassium in your diet is acceptable. Avoid taking large amounts of bananas, avocados, tomatoes & dried apricots.



High Fiber meal & Digoxin

High Fiber foods like wheat bran can lessen the effectiveness and absorption of Digoxin.

Recommendation:

Take Digoxin 1 hour before or 2 hours after taking a high fiber meal such as cereal, oats & wheat.



Caffeine & Theophylline

Concomitant administration of Theophylline & caffeine may increase the risk of adverse effects which includes insomnia and nervousness.

Recommendation:

Avoid large intake of caffeine-containing foods and beverages like coffee, tea and energy drinks.



Dairy Products & Tetracycline Antibiotics

Absorption of Tetracycline Antibiotics like Minocycline and Doxycycline is reduced to at least 50% when taken with dairy products.

Recommendation:

Take the antibiotic 1 hour before or 2 hours after taking dairy products such as eggs, milk, cheese & yogurt.



Corticosteroids & Salty foods

Steroids can cause high levels of salt in the body known as (hypernatremia) and water retention. This may cause high blood pressure and may cause swelling.

Recommendation:

Limit intake of food high in sodium such as canned goods, processed foods and chips when taking corticosteroids.

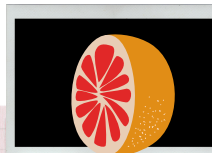


High Protein Diet & Levodopa/Carbidopa

High protein diet of >2g/kg may affect the efficacy of levodopa.

Recommendation:

Avoid high protein diet such as beef, chicken, eggs & protein shakes when taking this medicine. It is best to take it 1 hour before food or 2 hours after.



Grapefruit juice & Statins

Grapefruit juice can increase the blood concentration of Cholesterol-lowering medicines like ATORVASTATIN & SIMVASTATIN

Recommendation:

Avoid excessive consumption of Grapefruit juice (1.2L/day) when taking Statins to avoid unwanted side effects.

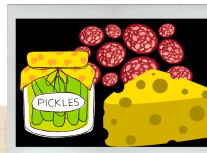


Alcohol & Phosphodiesterase-5 Enzyme (PDE-5) Inhibitors

Sildenafil, Tadalafil & Vardenafil can lower blood pressure. Taking it with alcohol may further increase this effect.

Recommendation:

Avoid or limit alcohol intake when taking these drugs especially if you have a pre-existing cardiovascular disease.



Tyramine-rich foods & Linezolid

Concurrent intake may cause sudden and severe high blood pressure.

Recommendation:

Avoid tyramine-rich food such as aged cheese, fermented food, overripe fruits and cured meats.



Alcohol & Metronidazole

Alcohol & Metronidazole when taken together may cause severe stomach upset, nausea and vomiting.

Recommendation:

Use of alcohol is contraindicated during the therapy and 3 days after therapy discontinuation.