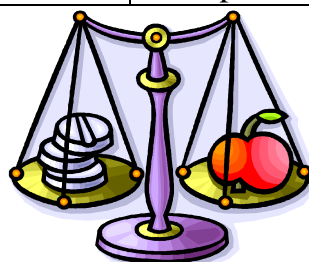


Food and Medication Interactions

Drug Name	For	Dietary Recommendations
Anticoagulants (Coumadin, Warfarin, Dicumarol) also known as blood- thinner	Preventing excess blood- clotting in blood vessels	Stable Vit. K intake is recommended. Limit foods that are high in Vit. K – Kale, Broccoli, Spinach, Brussel Sprouts, other leafy green vegetables. Avoid Vit. A & E supplements. Avoid herbal teas that contain coumarin.
Digoxin/Lanoxin, Digitoxin/Crystodigin	Antiarrhythmic	Avoid taking medicine with high bran fiber and high pectin foods (eg. jellies), may decrease drug absorption. Diet high in Potassium and low in Sodium is encouraged. Caution with Calcium/Vit D supplement – may increase drug effect and risk of toxicity.
ACE Inhibitors (Captopril, Enalapril, Vasotec, Zestril)	Lowering blood pressure	Low Sodium/Salt is recommended. Do not use salt substitute with potassium, and do not take potassium supplements. Avoid licorice. If you are lactose intolerant, you may also get gas or diarrhea from this pill.
Diuretics (Furosemide/Lasix, Bumetanide/Bumex, Hydrochlorothiazide, Chlorothiazide/ Duril)	Preventing fluid retention or lowering blood pressure	Low Sodium/Salt is recommended. Eating high potassium foods (bananas, oranges, tomatoes, potatoes) is encouraged unless your doctor tells you otherwise. In some cases, a potassium supplement is prescribed with this med. Hydrochlorothiazide – caution with Calcium or Vit. D supplement-risk of hypercalcemia.
Beta-blockers (Inderal/propranolol, Lopressor/metoprolol, Tenormin/atenolol)	Lowering blood pressure	Low Sodium/Salt is recommended. Avoid licorice. With Diabetes-may mask signs of low blood sugar. Propranolol-Calcium & Vit. C supplement may decrease absorption of med. Atenolol-Calcium supplement may decrease absorption of med.



Food and Medication Interactions (cont'd)

Drug Name	For	Dietary Recommendations
Calcium channel blockers (Procardia/nifedipine, Isoptin/verapamil, Cardiazem/diltiazem)	Lowering blood pressure	Low Sodium/Salt is recommended. Avoid licorice. Avoid grapefruit or grapefruit juice 2 hr before/after dose. Verapamil-Calcium & Vit. D supplement may decrease effect of drug.
Antibiotics (eg. Tetracycline, Cipro, Flagyl)	Treating infections	Take antacids, multivitamin supp., Calcium, Iron, or Zinc supplements or dairy products 2 hrs before or after taking medication. Limit Caffeine intake. Flagyl-Avoid ALL alcohol
Diabetes oral agents (e.g. Glyburide, Rezulin, Glucophage)	Helping patients with type II Diabetes to control blood sugar	Follow prescribed diet and instructions on taking the med. Stay away from foods that are high in total carbohydrates, unless the food item is also very high in fiber. Foods high in carbs, and low in fiber include cakes, pastries, sweetened fruit, and regular soda. Discuss specifics with a dietitian.
Steroids (Prednisone/deltasone, Hydrocortisone, Dexamethasone)	Treating inflammatory or allergic condition or asthma	This med may cause water retention, so having a low salt/sodium diet can help your body to hold less water. Higher Calcium intake (Milk, Cheese, Broccoli, Sardine with bones) is recommended. May increase appetite-have low calorie snacks (sugar-free jello, plain crackers, fresh fruit).
Monoamine Oxidase Inhibitors (Phenelzine/Nardil, Tranlycypromine/Parnate, Selegiline/Eldepryl)	Treating depression	Limit regular coffee, tea and cola or other beverages/food with caffeine. Avoid foods with tyramine (all aged, fermented, preserved cheeses and meats, overripe fruits, Brewer's yeast containing products). Please speak with a dietitian to get a complete list of foods containing tyramine.

Things to Remember:

- ✎ Take medications as directed by your doctor or pharmacist. Water is the safest liquid for swallowing a pill. Check with your doctor first before you use any other liquids for your medication. Questions about food-drug interaction can also be directed to a dietitian or a nurse.
- ✎ Always carry a list of prescribed and over-the-counter medications and supplements that you're taking. Also include eye drops, inhalers, alcohol, nicotine and caffeine use.

Questions to ask when prescribed a new medication:

- What is the generic and brand name of the drug?
- What is the medication supposed to do?
- How do I take the medication and how much?
- When and for how long should I be taking the drug?
- What foods do I need to avoid or eat more of?
- Should I avoid alcohol or coffee?
- Should I take the drug with food?
- What are the side effects, and what should I do if they occur?
- What side effects should I report immediately?
- Do I need to avoid any activities?
- What do I do if a dose is missed?

Sources:

- ✓ Home Care Companion: How to manage medications. Videotape. Narr. Marion Karpinski, RN.
- ✓ Pronsky, Zaneta. Food-Medication Interactions. 10th ed. Pottstown, PA: Powers and Moore's, 1997.
- ✓ Nursing 98 Drug Handbook. 1998.

Tips to have low salt meals :

- ☞ Use unprocessed foods such as plain rice instead of packaged instant rice.
- ☞ Use fresh or fresh frozen fruits/vegetables instead of canned ones.
- ☞ If you use canned soups, pick those that are low in Sodium (less than 150 mg per serving).
- ☞ Use fresh lean meat, poultry and fish instead of processed meats.
- ☞ Snack on unsalted pretzels, popcorn, nuts and other low-fat foods.
- ☞ Natural cheese has lower Sodium content than processed cheese.

