

## Food-Drug Interactions

- What you eat and drink can affect the way your medicines work. When the way a medicine works is affected by food and drinks this is called a “food-drug interaction”.
- A food drug interaction may prevent a medicine from working the way it should, cause a side effect from a medicine to get worse or better, and/or cause a new side effect.
- With some medications it is important to avoid taking them with food to avoid an interaction.
- With other medications it is important to take the drug with food to avoid side effects, such as stomach upset. Below is a list of some medications that may be taken with food if you have stomach upset:
  - Naproxen (Aleve<sup>®</sup>)
  - Ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>)
  - Aspirin
  - Furosemide (Lasix<sup>®</sup>)
  - Hydrochlorothiazide
  - Ziprasidone (Geodon<sup>®</sup>)
  - Divalproex sodium (Depakote<sup>®</sup>)
- The table on the back of this handout lists some specific food-drug interactions and ways to manage them.
- It is important to remember that over-the-counter medications may interact with food as well. Read the “Drug Facts” that are listed on the back of every over-the-counter medication to determine how you should take the medication.
- We hope that this information will help you gain awareness of some common food-drug interactions to look out for. It is important to note that not all interactions are covered in this handout. Talk with your doctor or pharmacist if you have any questions regarding how food may interact with your medications.

Drug	Food that Interacts	What to Do
Diphenhydramine (Benadryl <sup>®</sup> ), Cetirizine (Zyrtec <sup>®</sup> ), Loratadine (Claritin <sup>®</sup> ), Naproxen, Ibuprofen, Aspirin, Acetaminophen (Tylenol <sup>®</sup> ), Pain killers, Nitroglycerin (Nitrostat <sup>®</sup> ), Antibiotics, Anxiety medication, Antidepressants, Sleeping pills, Statins	Alcohol	Avoid alcohol use while taking these medications
Verapamil (Calan <sup>®</sup> ), Diltiazem (Cardizem <sup>®</sup> ), Atorvastatin (Lipitor <sup>®</sup> ), Simvastatin (Zocor <sup>®</sup> ), Lovastatin (Altoprev <sup>®</sup> , Mevacor <sup>®</sup> ), Felodipine (Plendil <sup>®</sup> ), Nifedipine	Grapefruit/Grapefruit Juice	Consult your physician or pharmacist before changing your diet
Warfarin (Coumadin <sup>®</sup> )	Foods rich in Vitamin K such as: liver, dark green leafy vegetables, and cauliflower	Maintain consistent amount of vitamin K containing foods in your diet each week. Alert your physician or pharmacist to any changes in your diet.
Levothyroxine (Synthroid <sup>®</sup> )	All food and drinks	Take once a day in the morning on an empty stomach. Do not eat or drink for at least 30-60 minutes after taking.
Alendronate (Fosamax <sup>®</sup> ), Ibandronate (Boniva <sup>®</sup> )	All food and drinks	Take on an empty stomach in the morning. Take with plain water. Do not take other medications, eat, or drink for at least 30-60 minutes after taking.
MAOIs such as: tranylcypromine (Parnate <sup>®</sup> ), Phenelzine (Nardil <sup>®</sup> )  Linezolid (Zyvox <sup>®</sup> )	Foods high in tyramine such as: aged cheeses, Chianti wine, pickled herring, Brewer's yeast, fava beans	Avoid foods high in tyramine