



Patient Information

Food and Drug Interactions and When you Should Take your Medications

This booklet contains information about some common interactions that may occur between food and drugs and the best times to take your medications. It does not attempt to list all possible food and drug interactions or administration times. If you have any questions regarding the information in this booklet or would like to discuss medications that may not appear inside, contact your physician or pharmacist.

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Analgesics (Pain Medications)

NSAIDs (Nonsteroidal Anti-Inflammatory Drugs)

- Celecoxib (Celebrex): Low doses may be taken with or without food. Higher doses should be taken with food.
- Ibuprofen, Naproxen, Aspirin: Take with for or milk.
- Meloxicam (Mobic): Take with or without food.

Narcotics (Codeine, Percocet, Vicodin): Take with food. Avoid alcohol. Consider co-administration with a stool softener to avoid constipation.

Phenazopyridine (Pyridium): Take with food or after meals with 8 ounces of water. May turn body fluids (urine, sweat, tears) a reddish-brown color. Do not wear contacts while using as they may stain.

Antibiotics

Cephalexin (Keflex): Take with or with out food with 8 oz of water.

Macrolide Antibiotics

- Erythromycin (E-mycin): Take at least 1 hour before or 2 hours after meals. If gastric irritation occurs, may be taken with food. Take each dose with a full glass of water; do not administer with fruit juices.
- Azithromycin (Zithromax): Take with or without food.

Metronidazole (Flagyl): Take with or without food. Avoid alcohol-containing beverages.

Nitrofurantoin (Macrobid): Take with food, water, or milk.

Penicillin and Derivatives (Pen-V K, Amoxicillin): Take on an empty stomach at least 1 hour before or 2 hours after a meal.

Quinolones

- Ciprofloxacin (Cipro): Take with or without meals. Administer at least 2 hours before or 6 hours after any of the following: magnesium/aluminum antacids, sucralfate, products containing calcium, iron, or zinc. Do not take with dairy products or calcium-fortified juices alone; however, it may be taken with a meal that contains these products. Moxifloxacin (Avelox): Take without regard to food, including milk and dietary supplements containing calcium. Administer at least 4 hours before or 8 hours after the administration of ferrous sulfate, sucralfate, dietary supplements containing iron, magnesium, or zinc (such as multivitamins), aluminum/magnesium-containing antacids.

- **Levofloxacin (Levaquin):** Take with or without food; however, it should be taken at least two hours before or two hours after any antacid, multivitamin, iron, magnesium, zinc.

Sulfa Antibiotics Take with or with out food. Food or water may minimize gastric irritation.

Tetracyclines (Doxycycline, Minocycline): Take with or without food. Do not take oral iron supplements, aluminum, magnesium, or calcium-containing antacids 2 hour before or 6 hours after. Multivitamins containing manganese or zinc salts will also decrease absorption. Proton pump inhibitors (see below) may also reduce bioavailability by increasing gastric pH.

Cardiovascular Medications

Amlodipine (Norvasc): Take with or with out meals.

Atenolol (Tenormin): Take with or with out food. Food and orange juice can decrease effectiveness, therefore take at the same time each day and consistent meal.

Captopril (Capoten): Take 1 hour before meals. Avoid foods high in potassium (See Below)

Carvedilol (Coreg): Take with food to help avoid low blood pressure upon standing.

Digoxin (Lanoxin): Take with or without food. Avoid natural licorice, wheat bran, or oatmeal.

Diltiazem (Cardizem): Immediate-release: Take before meals. Avoid grapefruit juice. Extended-release: Take with or with meals. Avoid grapefruit juice. Swallow whole, do not crush or chew. (Some formulations may be opened and sprinkled on food, contact your local pharmacist for more information).

Doxazosin (Cardura): Take with or without meals. Extended-release: Take once daily with breakfast.

Isosorbide (Isordil, ISMO, Imdur): Take with 4 oz of water. Extended-release: Swallow whole, do not crush or chew.

Lisinopril (Zestril): Take with or with out food. Avoid foods high in potassium.

Losartan (Cozaar): Take with or with out meals. Avoid foods high in potassium.

Metoprolol (Lopressor, Toprol XL): Immediate-release: Take with food or

immediately after a meal. Extended-release: Take with or without food. Do not crush or chew. Tablet may be split in half.

Nifedipine (Adalat, Procardia): Take with meals. Avoid grapefruit juice. Extended-release: Swallow whole, do not crush, break, or chew.

Propranolol (Inderal): Take before meals. Avoid natural licorice. Extended-release: Swallow whole, do not crush or chew.

Ranolazine (Ranexa): Take with or without meals. Avoid grapefruit juice. Swallow whole, do not crush, split, or chew.

Cholesterol Medications

Colesevelam (Welchol): Take with a meal and full glass of water.

Cholestyramine (Questran): Mix the dose in 2 - 6 ounces of water, milk, fruit juice, or other noncarbonated beverage and stir until completely mixed. Palatability and compliance may be increased if the entire next day's dose is mixed in the evening and then refrigerated. Complaints of consistency may be minimized by mixing in a heavy or pulpy fruit juice. If a carbonated beverage is used, mixing slowly in a large glass may minimize foaming. Take all other medications 1 hour before or 6 hours after.

Ezetimibe (Zetia): Take with or without food. Separate by four hours if taking cholestyramine, colesevelam, or gemfibrozil.

Fenofibrate (Tricor, Antara): Many different formulations. See your local pharmacist for best administration time.

Gemfibrozil (Lopid): Take 30 minutes before morning and evening meals.

HMG-CoA Reductase Inhibitors (STATINS)

- **Simvastatin** (Zocor): Take in the evening with or without food. Avoid grapefruit juice.
- **Lovastatin** (Mevacor, Altoprev): Immediate-release: Take in the evening with food. Avoid grapefruit juice. Extended-release: Take in the evening without food. Swallow whole, do not crush or chew. Avoid grapefruit juice.
- **Pravastatin** (Pravachol): Take with or without food, preferably in the evening but morning doses are effective also.
- **Rosuvastatin** (Crestor): Take with or with out food at the same time each day.

Niaspan (Niacin): Immediate-release: Take following meals. Extended-

release: Take at bedtime after a low fat snack. May take an aspirin 30 minutes prior to taking to minimize flushing.

Diuretics (Water Pills)

Furosemide (Lasix): Take with food and 8 ounces of water. Consider taking in the morning to avoid disruption of sleep. Speak to your physician or pharmacist regarding potential potassium loss.

Hydrochlorothiazide (Hydrodiuril): Take with food and 8 ounces of water. Consider taking in the morning to avoid disruption of sleep. Speak to your physician or pharmacist regarding potential potassium loss.

Spirololactone (Aldactone): Take with food.

Insulins and Injectable Diabetes Medications

Rapid Acting

- **Insulin Aspart (NovoLog):** Inject 5 to 10 minutes before meals.
- **Insulin Glulisine (Apidra):** Inject within 15 minutes before or within 20 minutes after starting a meal.
- **Insulin Lispro (Humalog):** Inject within 15 minutes before or immediately after meals.

Short Acting: (Regular Insulin)

- **Humulin R and Novolin R:** Inject 30 minutes before meals.

Intermediate Acting: (NPH)

- **Humulin N and Novolin N:** Inject 15 to 30 minutes before breakfast. Other doses may be needed before meals or bedtime.

Long Acting

- **Insulin Detemir (Levemir):** Inject once daily with evening meal or at bedtime. If twice daily dosing is required, give evening dose with evening meal, at bedtime, or 12 hours after morning dose.
- **Insulin Glargine (Lantus):** Once daily at the same time each day. If twice daily dosing is required, give doses at the same time each day 12 hours apart.

Non-Insulin Injectable Agents

- **Exenatide (Byetta):** Inject within 60 minutes before morning and evening meals, or the two main meals, at least 6 hours apart.
- **Liraglutide (Victoza):** Inject once daily, independent of meals.
- **Pramlintide (Symlin):** Inject immediately before major meals.

Oral Hypoglycemics (Diabetes)

When taking oral hypoglycemics it is advised to avoid high-sugar foods and beverages.

Acarbose (Precose): Take with first bite of meal.

Glipizide (Glucotrol): Regular-release tablets: Should be given 30 minutes before a meal to ensure maximum reduction in post-meal high blood sugar. Extended-release tablets: Should be given with breakfast.

Glyburide (Diabeta, Micronase, Glynase): All formulations of glyburide should be taken with breakfast or the first main meal.

Metformin (Glucophage): Regular-release tablets: Administer orally with meals. Extended-release tablets: Do not crush or chew; swallow whole. Usually administered once daily with the evening meal. The inactive ingredients may occasionally be eliminated in the stool as a soft mass that may resemble the original tablet.

Pioglitazone (Actos): May be taken with or without food.

Repaglinide (Prandin): Take prior to or with meals.

Saxagliptin (Onglyza): May be taken with or without food.

Sitagliptin (Januvia): May be taken with or without food.

Stomach Medications

Bethanechol (Urecholine): Take on an empty stomach (1 hour before or 4 hours after meals).

Diphenoxylate (Lomotil): Avoid alcohol containing beverages.

- **Docosate Sodium** (Colace): Take with 8 ounces of water.

H2 receptor antagonists

- **Famotidine** (Pepcid): Take with or without food. May cause drowsiness
- **Ranitidine** (Zantac): Take with or without food.
- **Cimetidine** (Tagamet): Take with or without food. Has many drug-drug interactions. Please contact your physician or pharmacist before using.

Hyoscyamine (Levsin): Take 30 minutes before meals.

Metoclopramine (Reglan): Take 30 minutes before meals and at bedtime.

Polyethylene Glycol (Miralax): Take with or without food and with a full glass of water.

Proton-Pump Inhibitors (Prilosec, Nexium, Prevacid, Kapidex): Take 30 minutes prior to meal whenever possible. A once-daily dosage is usually

administered prior to breakfast.

Psyllium (Metamucil): Take with the recommended amount of water. Separate other medications either 2 hours before or 2 hours after.

Miscellaneous

Amitriptyline (Elavil): Avoid high fiber foods.

Antihistamines: Avoid alcoholic beverages..

Benzodiazepines: Avoid alcoholic beverages.

Bisphosphonates (Fosomax, Actonel): Take once weekly first thing in the morning with 8 oz of water. No food or other beverages for at least 30 minutes. Stand or sit upright for 30 minutes, do NOT lie down.

Cyclosporine: Avoid alcoholic beverages.

Levodopa/Carbidopa (Sinemet): Take with 6-8 ounces of water at least 30 minutes before eating or 1 hour after meals to maximize absorption. Carbidopa-levodopa may be taken with a small non-protein snack, such as fruit or a cracker, to avoid nausea. Taking with food may decrease absorption.

Levothyroxine (Synthroid, Levoxyl): Administer on an empty stomach with a full glass of water at least 30-60 minutes before breakfast. Take 4 hours apart from medications known to decrease absorption (calcium, antacids, minerals, iron).

Lithium Carbonate (Lithobid, Eskalith): Take with food and water.

Monoamine Oxidase Inhibitors

- **Phenelzine** (Nardil) & **Tranlycypromine** (Parnate): Avoid foods high in Tyramine (See Below). This can cause a fatal increase in blood pressure.

Phenobarbital: Take 30 minutes before meals. If nausea occurs may be taken with a small snack. Avoid alcoholic beverages.

Phenytoin (Dilantin): Take with food or milk. Avoid alcoholic beverages.

Prednisone: Take with food.

Warfarin (Coumadin): Avoid alcoholic beverages. Use food high in Vitamin K in moderation. Avoid aspirin containing products without the consent of your physician to avoid bleeding risks. Ask your Physician or Pharmacist before starting OTC products.

See back page for foods high in tyamine, potassium, and vitamin K.

Foods High in Tyramine

Aged cheese	Anchovies	Draft Beer
Aged Meat	Broad Beans	Sour Cream
Sauerkraut	Marmite	Sausages
Soy Sauce	Wine	Avocados
Bananas	Caffeine	Chocolate
Yeast Extract	Homemade Breads	

Food High in Potassium

Milk	Apricots	Avocados
Banana	Cantaloupe	Dried Fruits
Figs	Honeydews	Oranges Juice
Pumpkin	Prunes	Artichokes
Asparagus	Bamboo Shoots	Brussels Sprouts
Greens	Potatoes	Rhubarb
Spinach	Squash	Tomatoes
Dried Beans	Raisins	Chocolate

Foods High in Vitamin K

Kale	Spinach	Brussels Sprouts
Parsley	Mustard Greens	Chard
Green Tea	Cranberry Juice	Alcohol
Turnip Greens	Collards	Broccoli
Romaine Lettuce	Endive Lettuce	Green Leafy Lettuce