

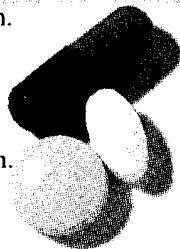
FOODS AND DRUGS THAT DON'T MIX

If you're like most people, you don't think twice about what you eat or drink when you take a pill. But mixing certain foods and beverages with prescription and over-the-counter drugs can be dangerous, says Catherine

MacLeod, M.D., director of clinical pharmacology at Rush-Presbyterian-St. Luke's Medical Center in Chicago. Consult the chart below to find out what combinations you should avoid.
—Stephanie Denmark

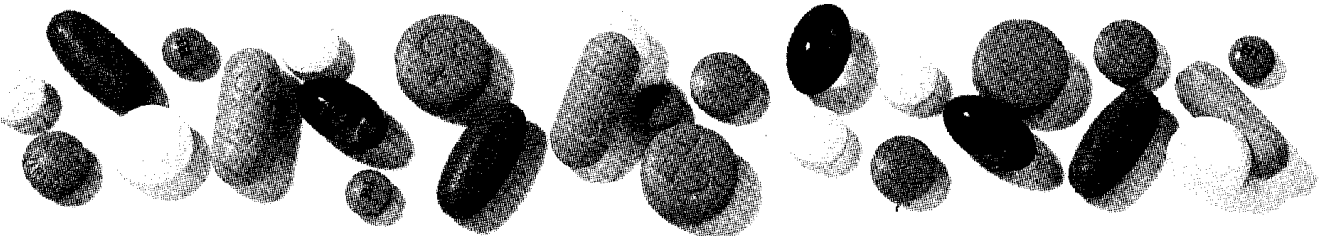
Prescription Drugs

IF YOU TAKE	DON'T HAVE (an hour before or after taking it)*	REASON
Decongestants		
Entex LA, Dura-Vent (or any decongestant with phenyl propanolamine)	Coffee, tea, chocolate, hot cocoa, and soft drinks containing caffeine.	Caffeine may increase the drug's stimulant effect.
Antihistamines		
Seldane, Seldane-D	Grapefruit or grapefruit juice (allow at least two hours before or after taking medication).	Increases amount of drug in blood, which may increase side effects such as abnormal heart rate and rhythm.
Asthma drugs		
Marax, Slo-Phyllin, Theo-Dur	Coffee, tea, chocolate, hot cocoa, and soft drinks containing caffeine. Charcoal-broiled beef and diets that are high in protein and low in carbohydrates.	Caffeine may increase the drug's stimulant effect. Char-broiled beef and high-protein, low-carb diets may decrease effectiveness.
Anti-infectives		
Amoxil	Acidic foods such as coffee, tea, chocolate, hot cocoa, and soft drinks containing caffeine, citrus fruits and juices, pickles, tomatoes, and vinegar (allow at least two hours before or after taking medication).	Can interfere with absorption.
E-Mycin, Ilosone, PCE (and other brands of erythromycin), Pen Vee-K	Calcium-rich foods: cheese, milk, yogurt, and ice cream. Antacids and iron-rich foods. (allow at least two hours before or after taking medication).	Can interfere with absorption.
Panmycin (and other brands of tetracycline)		
Isoniazid, Rifamate	Avocados, caviar, aged cheeses (Cheddar, blue, Swiss, etc.), fava beans, pickled herring, liver, cured meat (bologna, sausages, etc.), meat tenderizers or extracts, red wine, light and pale beer, and yeast extract. Avoid eating these foods while taking medicine and for two weeks after drug is stopped.	All contain high amounts of the amino acid Tyramine, which may cause potentially fatal changes in blood pressure when taken with these medications.
Parkinson's disease drugs		
Sinemet	High-protein diet.	Decreases absorption.
Estrogen drugs		
Any kind of oral estrogen: Premarin, Prempro, Estratab, etc.	Grapefruit or grapefruit juice (allow at least two hours before or after taking medication).	Boosts estrogen in blood, which may increase side effects.
Fungal infection drugs		
Nizoral, Sporanox	Milk, milk products, or antacids (allow at least two hours before or after taking medication).	Decreases absorption.
Heart drugs		
Digitoxin, Digoxin	Bran (allow at least two hours before or after taking medication). Natural licorice or licorice flavoring, (licorice root, licorice extract, etc.). (Artificially flavored licorice is fine.)	Decreases absorption. May cause water retention and increase blood pressure.



Prescription Drugs continued

IF YOU TAKE	DON'T HAVE (an hour before or after taking it)*	REASON
Anticoagulants		
Coumadin, Warfarin	Asparagus, broccoli, brussels sprouts, cabbage, cauliflower, egg yolks, kale, lettuce, liver, potatoes, spinach, turnip greens, vegetable oil, and watercress.	These foods are rich in vitamin K, which reduces the drug's effectiveness.
Antidepressants		
Marplan, Nardil	Tyramine-containing foods. See Anti-Infectives: Isoniazid.	See Anti-Infectives: Isoniazid.
Blood-pressure drugs		
Aldomet, Aldoril, Digoxin, Diuril, Inderal, Ismelin, Lanoxin	Natural licorice or licorice flavoring (licorice root, licorice extract, etc.). (Artificially flavored licorice is fine.)	May cause water retention and drive up blood pressure.
Sular, Procardia, Plendil	Grapefruit or grapefruit juice (allow at least two hours before or after taking medication).	Increases amount of drug in blood, which may increase side effects such as swollen ankles, headaches, and slowing of heart rate.

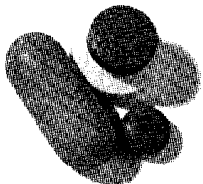


Over-the-Counter Drugs

IF YOU TAKE	DON'T HAVE	REASON
Decongestants		
Triaminic, Dimetapp, (or others that contain phenylpropanolamine) Sudafed, Actifed, (or others that contain pseudoephedrine)	Coffee, tea, chocolate, hot cocoa, and soft drinks containing caffeine.	Caffeine may increase the drug's stimulant effect.
Pain relievers		
Aspirin	Acidic juices (orange, grapefruit, or cranberry).	Regular, daily use of aspirin taken with an acidic juice can cause stomach upset.
Laxatives		
Carter's Little Pills, Dulcolax	Milk.	The combination can cause stomach irritation.

*Unless otherwise noted.

†Drugs are listed by their most common brand names. Some may be sold under other brands as well.



Always take on an empty stomach

(at least one hour before or two hours after a meal).

BLOOD-PRESSURE DRUGS—Capoten

ANTIBIOTICS—Zithromax, Cipro

PARKINSON'S DISEASE DRUGS—Sinemet

OSTEOPOROSIS DRUGS—Fosamax (take with water only)

Always take with food

BLOOD-PRESSURE DRUGS—Inderal, Lopressor

ANTIBIOTICS—Furadantin

VITAMINS—A, B, C, D, E

OVER-THE-COUNTER PAIN RELIEVERS—All except acetaminophen and enteric-coated tablets

ANTI-INFLAMMATORIES—Prednisone

FUNGAL INFECTION DRUGS—Nizoral and Sporanox

Never drink alcohol within an hour of taking any drug, because it can adversely interact with roughly half of all medications.