

# Herbal, Drug and Food Interaction Information



 Mercy San Juan Medical Center  
CHW





## **Herbal, Drug and Food Interaction**

Some foods, herbs and drugs, when taken at the same time, may cause serious side effects or alter the drug's effect. If you have any problems related to your medications, call your physician or pharmacist immediately. Interactions may vary according to dosage, your age, and overall health.

If you have any problems related to your medications, call your physician or pharmacist immediately.

**Tell your physician if you are allergic to any medications, foods or natural products.**

## **Herbal Products**

Common uses are listed; in most cases the supplement has not been proven to work.

Pregnant women and lactating women should not take any of these products without consulting with their physician.

If you are taking products not listed here, check with your doctor or pharmacist.





Medication or Category

**ACE Inhibitors**

- Benazapril
- Captopril
- Enalapril
- Fosinopril
- Lisinopril
- Moexipril
- Quinapril
- Ramipril
- Trandolapril

**Antiretroviral Drugs**

- Indinavir (Crixivan)
- Didanosine (Videx)
- Zalcitabine (Hivid)
- Zidovudine (Retrovir)
- Efavirenz (Sustiva)
- Amprenavir (Agenerase)
- Saquinavir
- Nelfinavir (Viracept)
- Atazanavir (Reyataz)
- Tenofovir (Viread)

**Benzodiazepines**

- Alprazolam, (Xanax)
- Lorazepam (Ativan)
- Temezepam (Restoril)
- Midazolam (Versed)

Effect of Drug	Interaction with Food or Herbal
<p>To lower blood pressure. Improve congestive heart failure.</p> <p>Protect kidneys in diabetic patients.</p>	<p>Consult with pharmacist or physician before using salt substitutes; avoid large quantities of potassium.</p>
<p>To treat HIV</p>	<p>Videx, Crixivan, Hivid, Zidovudine, Sustiva: Take on an empty stomach.</p> <p>Amprenavir: Do not take with high fat meals.</p> <p>Saquinavir, Viracept, Reyataz, Viread: Take with food.</p> <p>Saquinavir: Minimize garlic</p>
<p>To treat anxiety and to help sleep.</p>	<p>Avoid alcohol—combination increases dizziness, drowsiness.</p> <p>Versed: Avoid grapefruit juice with oral midazolam.</p>



Medication or Category

**Bisphosphonates**

Alendronate (Fosamax)  
Risedronate (Actonel)  
Etidronate (Didronel)  
Tiludronate (Skelid)

**Calcium Channel Blockers**

Amlodipine                      Nisoldipine  
Felodipine                      Nitrendipine  
Nifedipine                      Verapamil  
Nimodipine

Carbamezepine

**Corticosteriods**

Prednisone  
Dexamethasone

Cyclosporine  
Tacrolimus

Effect of Drug	Interaction with Food or Herbal
To help prevent or treat osteoporosis or other bone diseases	Must take on empty stomach, with water only. Fosamax & Actonel: Do not eat, drink, or recline for 30 minutes. Skelid: Do not take within 2 hours of food, antacids, or calcium supplements
To lower blood pressure  To control heart rate	Large quantities of grapefruit juice may increase effects.
To control seizures and other conditions	Be consistent about whether or not you take it with meals or grapefruit juice.
To reduce inflammation and immune response	Take with food. Avoid alcohol. For long-term use increase calcium intake and avoid ginkgo, ginger, garlic and echinacea supplements.
To prevent rejection in transplant patients	Avoid grapefruit juice unless instructed by your MD that you should drink it. Be consistent about whether or not to take tacrolimus with meals.



Medication or Category

Digoxin (Lanoxin®)

Estramustine

**Diabetes Agents**

Avandament	Metaglip
Glimepiride	Metformin (Glucophage)
Glipizide	Tolazamide
Glucovance	Tolbutamide
Glyburide	

Repaglinide	Nateglenide
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Acarbose	Meglitide
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Isoniazid

**Narcotic Analgesics**

Vicodin®	Morphine
Percocet®	Demerol®


Niacin

Effect of Drug	Interaction with Food or Herbal
To control heart rate and rhythm	Be consistent about eating foods with fiber and taking fiber supplements.
To treat prostate cancer	Take on an empty stomach
To help control blood sugar	<p>No or moderate alcohol.</p> <p>Take before meals; do not take if skipping a meal.</p> <p>Take with first bite of food.</p>
To treat some infections	Take on an empty stomach if tolerated; may cause flushing and headache if taken with cheese.
To help control pain	Avoid or minimize alcohol. Combination may increase dizziness and drowsiness.
To help improve cholesterol	Avoid alcohol. Combination increases flushing reaction.




Medication or Category
Non-steroidal anti-inflammatory agents (Aspirin, Ibuprofen, Naproxen, others)
Levodopa (Sinemet®)
MAO Inhibitor Antidepressants Phenelzine Tranlycypromine Procarbazine Isocarboxazid
Melphalan (Alkeran)
Metronidazole (Flagyl®)
Propafenone (Rythmol)

Effect of Drug	Interaction with Food or Herbal
To reduce pain, inflammation, and fever. Aspirin also thins the blood.	Take with food to avoid stomach upset. For long-term use, avoid ginkgo, garlic and ginger supplements.
For Parkinson tremors	Avoid a high-protein diet.
To treat depression	Restrict tyramine-containing foods and do not ingest foods high in tyramine including aged cheeses, preserved meats, liver, acidophilus milk, soy, broad beans, yeast and alcohol.
For some cancers	Take on an empty stomach
Treats some infections	Avoid alcohol during and 3 days after Flagyl®. Can cause severe vomiting and flushing.
Controls heart beat	Be consistent about taking with or without food


	Medication or Category
	<b>Quinolone Antibiotics</b> Ciprofloxacin Levofloxacin Gatifloxacin Moxifloxacin
	Selegiline
	Spironolactone
	<b>“Statins”</b> Lovastatin (Mevacor) Simvastatin (Zocor) Atorvastatin (Lipitor) Pravastatin (Pravachol)
	Tetracycline
	Warfarin (Coumadin)

Effect of Drug	Interaction with Food or Herbal
To treat some infections	Do not take within 2 hours of antacids, iron or dairy products. Avoid large amounts of caffeine with ciprofloxacin.
To treat Parkinson's Disease	Avoid foods high in tyramine if taking more than 10 mg daily
To help eliminate extra water from the body	Consult with pharmacist or physician before using salt-substitutes; avoid large quantities of potassium.
To lower cholesterol and triglycerides	Do not drink grapefruit juice often.
To treat some infections	Do not take within two hours of dairy products, calcium, or iron supplements.
To reduce clotting of the blood	Maintain consistent vitamin K intake (green vegetables). Consult physician if taking natural supplements. Avoid alcohol.





Herbal Product	Common Use
Black Cohosh	To relieve symptoms of menopause
Chondroitin	To relieve pain and improve function in joints
Coenzyme Q10	To treat heart failure, angina and high blood pressure
Dong Quai	To treat menstrual disorders
Echinacea	To prevent and treat colds and flu


Contraindications or Adverse Effects	Possible Drug Interactions
<p>Do not take if sensitive or allergic to aspirin</p> <p>Can cause dizziness, cramps, headache</p>	<p>Use with caution if taking hormone therapy (birth control pills or hormone replacement therapy)</p> <p>Use caution if you have high blood pressure. Tell your doctor.</p>
<p>Do not take if allergic to shellfish</p>	<p>None known</p>
<p>May cause headache, stomach upset, nausea and vomiting</p>	<p>Some drugs may decrease effect of coenzyme Q10: "Statin" cholesterol drugs, beta blockers</p> <p>May decrease the effect of Coumadin</p>
<p>Fever, intestinal distress, bleeding</p> <p>Do not use with active bleeding</p> <p>Stop for 14 days before dental procedures or surgery</p>	<p>Increased effect of Coumadin and increased risk of bleeding with aspirin, Plavix, Lovenox, Aggrenox, others.</p> <p>Increased effect of estrogens</p>
<p>Do not take if you have TB, MS, AIDS or HIV infection. May cause allergic reactions.</p>	<p>May decrease the effect of immunosuppressants</p> <p>Avoid potassium supplements and potassium-containing salt substitutes</p>



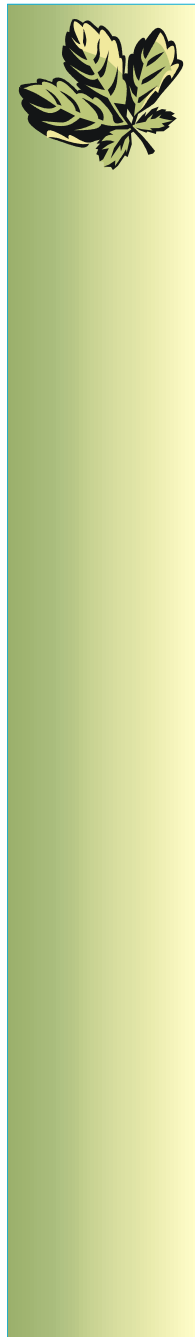
Herbal Product	Common Use
Feverfew	To treat migraine headaches
Flaxseed Oil	A source of omega-3 fatty acid
Garlic	To lower cholesterol
Ginger	To treat nausea and vomiting

Contraindications or Adverse Effects	Possible Drug Interactions
<p>Rash, diarrhea, lip swelling, mouth ulcers (from chewing leaves)</p> <p>Do not use with active bleeding</p> <p>Stop for 14 days before dental procedures or surgery</p>	<p>Increased risk of bleeding with warfarin, aspirin, Plavix, Aggrenox</p> <p>Increased adverse effects from ibuprofen, naproxen and similar medications</p>
<p>Do not take if sensitive or allergic to aspirin</p> <p>Do not take if you have bleeding disorders or bowel obstruction or inflammation in your intestines</p>	<p>Can increase the risk of bleeding with Coumadin, aspirin, Plavix, Aggrenox, and Lovenox</p> <p>Use caution if you have high blood pressure. Tell your doctor.</p>
<p>Allergic reactions, rash, bad breath and body odor, upset stomach</p>	<p>Increased effects of Coumadin, aspirin, Plavix, Aggrenox, Lovenox, others</p> <p>May decrease the effectiveness of protease inhibitors</p>
<p>Do not take if you have gallstone problems</p> <p>Do not use with active bleeding</p> <p>Stop for 14 days before dental procedures or surgery</p> <p>May cause upset stomach, rash</p>	<p>Large doses may increase the effects of Coumadin, aspirin, Plavix, Aggrenox, others</p>



	Herbal Product	Common Use
	Ginkgo	To treat dementia and improve blood flow
	Ginseng	To increase stamina
	Glucosamine	To relieve pain and improve function in joints
	Saw Palmetto	To treat prostate problems

Contraindications or Adverse Effects	Possible Drug Interactions
<p>Do not take if you have a seizure disorder</p> <p>Do not use with active bleeding</p> <p>Stop for 14 days before dental procedures or surgery</p> <p>Stomach upset, headaches, allergic reactions, increased bleeding after surgery</p>	<p>Increased effects of Coumadin, aspirin, Plavix, Aggrenox, and Lovenox</p> <p>Increased risk of seizures</p> <p>Increased adverse effects from drugs that treat depression and St. John's Wort</p> <p>Decreased effect of nicardipine</p>
<p>Do not use with active bleeding</p> <p>Stop for 14 days before dental procedures or surgery</p> <p>May cause insomnia, nervousness, headache, low blood sugar</p>	<p>Increased effect of anti-diabetic medications</p> <p>Increased levels of digoxin</p> <p>Decreased effect of Coumadin</p> <p>Increased or decreased effect of estrogen</p> <p>Increased risk of adverse effects from Nardil, Parnate and Marplan</p>
<p>May cause mild stomach upset</p>	<p>Increased effect of Coumadin</p>
<p>May cause headache, cramps, stomach ache</p>	<p>May interfere with the PSA test for men (discuss this with your physician and urologist)</p>



Herbal Product	Common Use
Senna	To treat constipation (short-term)
St. John's Wort	To treat depression
Vitamin E	An anti-oxidant that may protect against coronary heart disease

Contraindications or Adverse Effects	Possible Drug Interactions
May cause nausea, vomiting, stomach ache	
May cause constipation, photosensitivity, water retention, restlessness, anxiety, headache, frequent urination	Serious adverse effects if used with some other antidepressants  Decreased digoxin levels  Decreased iron levels  Increased effects of diabetes drugs, sedatives and UV light therapy  Altered levels of numerous medications
Do not use with active bleeding  Stop for 14 days before dental procedures or surgery  May also cause fatigue, stomach ache, nausea, diarrhea	Increased effects of Coumadin, aspirin, Plavix, Aggrenox, Lovenox, others

## Medication Log

Record your medications, purpose, the dosages and when they are to be taken, in pencil so they can be changed as needed. Take this with you when you see your physician or go to the hospital.

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_

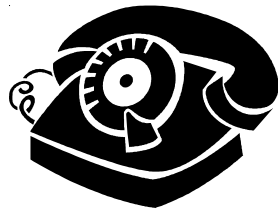
Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_

Medication \_\_\_\_\_  
Dose \_\_\_\_\_  
Time \_\_\_\_\_  
Purpose \_\_\_\_\_



If you have any questions  
or problems related to  
your medications, call  
your physician or  
pharmacist immediately.



**Contact Informaton**

Physician (s):

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Pharmacy:

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Thank you for choosing  
Mercy San Juan Medical Center

Mercy San Juan Medical Center is a 260 bed facility that serves more than 100,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Doctors, nurses and a variety of healthcare professionals work together to earn national recognition in trauma care, women's services, bariatric surgery, stroke care and more. Mercy San Juan Medical Center is one of the 40 hospitals operated by Catholic Healthcare West (CHW) the largest hospital system in California. For more information please visit our web site at [www.mercysanjuan.org](http://www.mercysanjuan.org).

