

GASTROINTESTINAL PREPARATIONS

DIPHENOXYLATE	Avoid alcohol or other depressants such as tranquilizers or sedatives.
METOCLOPRAMIDE	Take 1/2 hour before meals. May cause drowsiness. Avoid alcoholic beverages.
FAMOTIDINE	Absorption unaffected by food.
RANITIDINE	Take before any meals
PANTOPRAZOLE	
OMEPRAZOLE	
LANSOPRAZOLE	
RABEPRAZOLE	
LAXATIVES	Take with 08 ounces of water

MINERALS

IRON (Ferrous sulfate, other various brands)	Take after meals or with food. Do not take with tetracycline or antacids
POTASSIUM CHLORIDE	May cause stomach upset. Take after meals or with food and a full glass of water.

HYPOGLYCEMIC AGENTS

INSULIN	Consult with your dietician or doctor about diet and exercise.
GLIPIZIDE	Take 1/2 hour before meals.
METFORMIN	
GLIMEPIRIDE	
ACARBOSE	Take with the first bite of each meal.
ROSIGLITAZONE	May take with or without meals.



Food and Drug Interactions



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

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Medicines	Precautions to be Taken
MISCELLANEOUS	
ALENDRONATE	Take 1/2 hour before meals with a full glass of water.
ALPRAZOLAM	Take with milk or food. Avoid alcoholic beverages.
ANTIDEPRESSANTS Amitriptyline, Citalopram, Fluoxetine, Paroxetine, Sertraline and other antidepressants.	Avoid alcoholic beverages. Avoid herbal products.
Barbiturates	May cause drowsiness. Do not take with alcoholic beverages or medicines with antihistamines. Avoid the herbal products.
Carbidopa / Levodopa	May cause stomach upset. Take with food.
Corticosteroids Prednisone, Prednisolone, Hydrocortisone	May cause stomach upset. Take with milk or food.
Lithium	May cause drowsiness. Avoid alcoholic beverages. Take after meals or with milk or food. Maintain consistent salt and fluid intake. Check with your Doctor.
Meclizine	May cause drowsiness. Avoid alcoholic beverages.
Phenytoin	Take with food to increase absorption and reduce stomach irritation. Avoid alcoholic beverages. Avoid the herbal products.
Theophylline	May cause stomach upset. Take with food and water. Side effects are increased by caffeinated foods such as coffee, tea, cocoa cola and chocolate. Avoid the herbal products .
ANALGESICS (Aspirin and Nonsteroidal Anti - inflammatory Drugs (N5 AIDs)	
ASPIRIN, OTHER SALICYLATES IBUPROFEN KETOPROFEN NAPROXEN	These medicines may cause stomach upset and should be taken with milk or food. Do not take these drugs in combination, and do not take with anticoagulants such as Coumadin without discussing risks with your doctor or pharmacist. Gastrointestinal bleeding may result from improper or excess use.
COX - II INHIBITORS CELECOXIB	May take with or without food.
NARCOTIC ANALGESICS	
MORPHINE, CODEINE	Cause drowsiness. Avoid alcoholic beverages. May cause constipation and stomach upset. Take with milk or food.
PHENAZOPYRIDINE	Take 1/2 hour before meals with a full glass of water. May change colour of urine.
ANTIBIOTICS	
AMOXICILLIN	Absorption unaffected by food.

CEPHALOSPORINS	For best results, take on an empty stomach. (1 hour before meals or 2 hours after meals). If stomach irritation occurs, take with milk or light snack, i.e. crackers.
ERYTHROMYCINS	May take with food if stomach upset occurs. Avoid taking with citrus food, citrus juices and carbonated drinks.
LINEZOLID	Avoid food high in tyramine.
METRONIDAZOLE	May cause stomach upset. Take with food. Avoid alcoholic beverages, as nausea and vomiting may occur.
NITROFURANTOIN	May cause stomach upset. For best results, take with milk or food. May change colour of urine.
PENICILLINS	Take on an empty stomach. (01 hour before meals or 02 hours after meals). Take with a full glass of water. Avoid taking with citrus foods or citrus juices and carbonated beverages.
QUINOLONES	Avoid antacids 02 hours before and 03 hours after taking medication. Take with a full glass of water.
TETRACYCLINE	Avoid iron and calcium supplements, antacids, and milk and milk products. For best results, take on an empty stomach (01 hour before meals or 02 hours after meals).
ANTICOAGULANTS	
WARFARIN	Avoid alcoholic beverages, aspirin, aspirin - like products and nonsteroidal anti-inflammatory medicines (NSAIDs) such as Avil, Motrin, Aleve, unless you have checked with your doctor.
CARDIOVASCULAR DRUGS	
ACE INHIBITORS	Take on an empty stomach. Avoid herbal products.
DIGOXIN	Take oral dose after morning meal. Avoid antacids, cough, cold and allergy products and appetite suppressants. Avoid the herbal products.
DIPYRIDAMOLE	Take 01 hour before meals with a full glass of water.
DILTIAZEM	Take before meals. Avoid herbal products
QUINIDINE	May cause stomach upset. Take with food.
NITRATES	Avoid alcoholic beverages. Take on an empty stomach (01 hour before or 02 hours after meals.)
DIURETICS	
FUROSEMIDE	May cause stomach upset.
THIAZIDES	Take with milk or food. Include high potassium foods in diet.
SPIRONOLACTONE	May cause stomach upset. Take with milk or food. May need to limit high potassium foods. Check with your Doctor.