



Drug and food interactions

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or Parnate (tranylcypromine) you should be careful about foods high in tyramine in your diet. Tyramine is an amino acid that is involved in regulating blood pressure.

► 5. Ziprasidone + small meals ◀

Jodon (ziprasidone) is an antipsychotic drug used to treat bipolar disorder and schizophrenia.

As one study shows, consuming it with a substantial snack or meal optimizes drug absorption, says Howard.

6. Insulin, oral diabetic agents, and alcohol

An alcoholic beverage can increase or decrease the effects of insulin or oral diabetic agents (pills). Hypoglycemia and hyperglycemia come from these interactions.

In addition, some oral diabetic medications, such as chlorpropamide (diabetics), can cause dizziness, hot flashes, and nausea when taken with alcohol.

► 7. Digoxin, high-fiber diets, and herbs ◀

The functions of Digoxin (Digitalis, DigiTech, Lanoxin) are to boost heart muscle contraction, slow down the heart rate, and boost the excretion of fluids from body tissues.

Dietary fiber, especially insoluble fiber such as wheat bran, can slow the absorption of digoxin and reduce its effectiveness.



A summary of some major dietary and pharmacological interactions

Drug Food drug-food interaction

WARFARIN A high-protein diet increases serum albumin levels.

Vegetables containing vitamin K interfere with the effectiveness and safety of warfarin treatment.

Cooked onions increase the activity of warfarin.

INR blueberry juice increases the risk of bleeding in the elderly patient.

Green leafy vegetables may cause thromboembolic complications.

Serum protein-rich foods propranolol may increase serum levels.

Ciprilol in orange juice inhibits intestinal absorption.

Antibiotics with milk products that are combined with them and prevents absorption.

Acetaminophen delays the absorption and initiation of pectin.

NSAIDs Alcohol can increase the risk of liver damage or stomach bleeding.

Theophylline High-fat meals and grape juice increase bioavailability.

Caffeine increases the risk of drug toxicity.



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► 2. Thyroxine ◀

Recent evidence points to the role of gastric acid secretion in the subsequent intestinal absorption of thyroxine concerning food intake and pH disturbances associated with recurrent gastric disorders such as *Helicobacter pylori* infection and gastric atrophy.

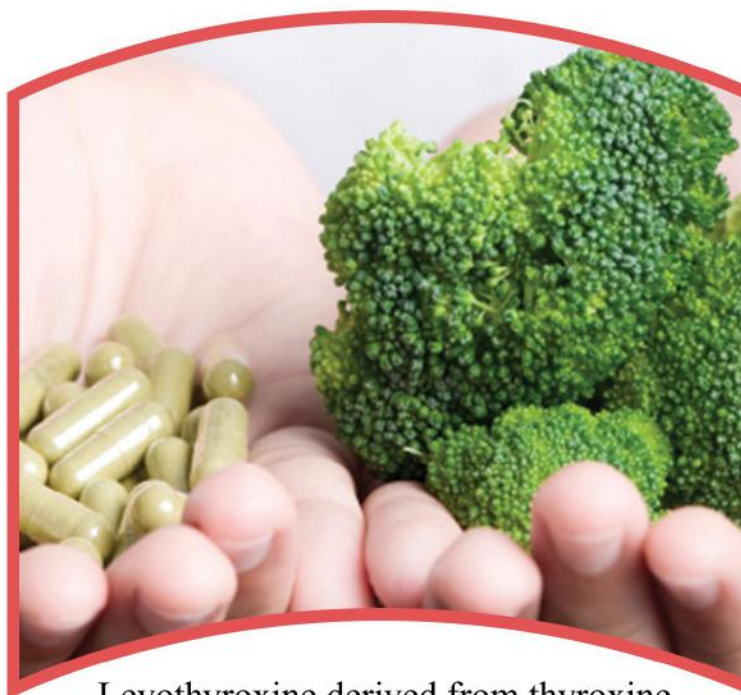
► Anti-tuberculosis drugs ◀

Anti-tuberculosis drugs such as isoniazid interact with tyramine and histamine. Food can reduce the bioavailability of isoniazid. High-fat meals reduce the concentration of cycloserine serum, as known a bacteriostatic anti-tuberculosis drug that leads to incomplete bacteria elimination.

Examples of drug-food interactions

► 1. Anti-diabetic ◀

Glimepiride is an anti-diabetic and a new generation sulfonylurea derivative that should be taken with breakfast or the first main meal of the day. The maximum effectiveness of acarbose, an alpha-glucosidase inhibitor, is when the drug is taken immediately at the beginning of each meal (not half an hour before or after).



Levothyroxine derived from thyroxine
Grapefruit juice may slightly delay the absorption of levothyroxine.

► 3. Alcohol + prescribed stimulants ◀

Alcohol consumption When consuming a prescribed stimulant, the patient may not realize that he is completely drunk. It is especially true if the stimulant is being abused. But it can also happen if the patient takes the medication as prescribed.

► 4. Old MAOI + cheeses ◀

If you are taking an antidepressant that is a monoamine oxidase (MAOI) inhibitor such as Marplan (isocarboxazid), Nardil (phenelzine), Emsam (selegiline),