



Drug and food interactions

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High-fat meals may increase theophylline levels in the body, while high-carbohydrate meals may decrease it. Avoid drinking alcohol while taking theophylline. Because it can increase the risk of side effects such as nausea, vomiting, headache, and irritability. Avoid caffeinated foods and beverages (such as chocolate, coffee, and tea) because theophylline is a xanthine derivative and contains xanthine. Therefore, consuming large amounts of these substances when taking theophylline increases the risk of drug toxicity. In addition, both bronchodilators and oral and caffeine stimulate the central nervous system.

► 4. Antihistamines ◀

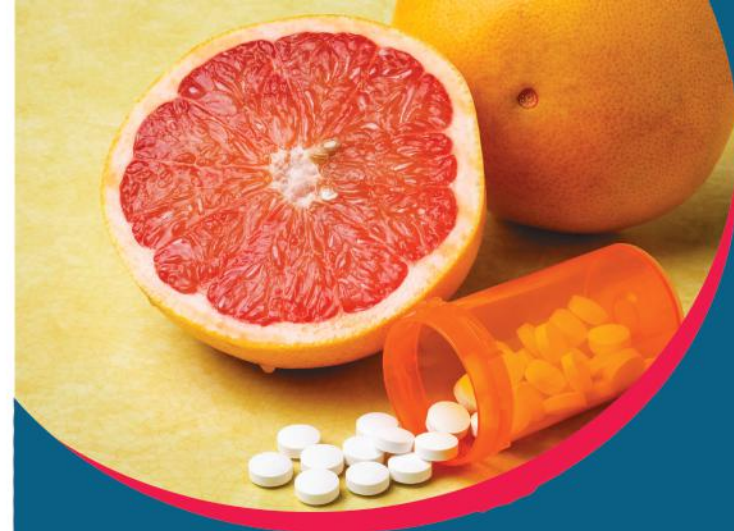
Fexofenadine, loratadine, rupatadine, cimetidine, cetirizine are all antihistamines. It is best to take prescribed antihistamines on an empty stomach to increase effectiveness.

Rupatadine is commonly used to manage diseases with allergic inflammatory conditions.

Based on one study, concomitant consumption of food with an oral rupatadine 20 mg dose increases the bioavailability of rupatadine.

Cimetidine is prescribed with food to help maintain blood concentration. A fraction of cimetidine is absorbed in the presence of food and allows the drug residue to dissolve as the

intestines clear. Therefore,



the therapeutic level is maintained throughout the dosing period.

► 5. Erectile Dysfunction Medications and Grapefruit

Although not proven, the evidence points that grapefruit juice raises blood levels of erectile dysfunction drugs such as sildenafil (Viagra). It may seem like an advantage to some men, but it can indicate headaches, hot flashes, and near-death conditions.



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▶ 2. Housing and fever ◀

Painkillers and antipyretics go well to treat mild to moderate pain and fever. Acetaminophen affects quicker when taking with an empty stomach because food may reduce the body's absorption of it. Concomitant use of acetaminophen with pectin delays absorption and onset.

Examples of drug-food interactions

▶ 1. Antibiotics ◀

Avoid synchronic taking some antibiotics and dairy products. They are rich sources of divalent ions, such as calcium and magnesium, which interfere with absorption antibiotics. Casein and calcium in milk reduce the absorption of ciprofloxacin. The concomitant use of GFJ causes the reduction of ciprofloxacin tablet (500 mg) absorption. Bioavailability result of azithromycin decrease to 43% when it would take with food. Tetracycline is better to take one hour or two hours after a meal and not with milk. It binds calcium and iron, forms insoluble chelates, and affects its bioavailability.



Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, and ketoprofen should be taken with food or milk

milk because they can irritate the stomach. Avoid or limit alcohol consumption as chronic alcohol consumption can increase the risk of liver damage or stomach bleeding. Absorption of ibuprofen and oxycodone, when used in combination tablets, is affected by concomitant use of food.

▶ 3. Bronchial dilator ◀

Bronchodilators such as theophylline, albuterol, and epinephrine have different effects on food. The food effect on theophylline drugs can be very different.