



# Avoid **Food-** **Drug** **Interactions**

A Guide from the  
National Consumers League and  
U.S. Food and Drug Administration













































Don't take ciprofloxacin with dairy products (like milk and yogurt) or calcium-fortified juices alone, but you can take ciprofloxacin with a meal that has these products in it.

**Caffeine:** Tell your doctor if you take foods or drinks with caffeine when you take ciprofloxacin, because caffeine may build up in your body.

## Tetracycline Antibacterials

### Examples

doxycycline  
minocycline  
tetracycline

### Interactions

**Food:** Take these medicines one hour before a meal or two hours after a meal, with a full glass of water.

You can take tetracycline with food if it upsets your stomach, but avoid dairy products (such as milk, cheese, yogurt, ice cream) one hour before or two hours after. You can take minocycline and some forms of doxycycline with milk if the medicine upsets your stomach.

## Oxazolidinone Antibacterials

### Example

linezolid

### Interactions

**Food:** Avoid large amounts of foods and drinks high in tyramine while using linezolid. High levels of tyramine can cause a sudden, dangerous increase in your blood pressure. Follow your doctor's directions very carefully.

## Foods with Tyramine

Foods that are spoiled or not refrigerated, handled, or stored properly, and aged, pickled, fermented, or smoked foods may contain tyramine. Some of these are:

- cheeses, especially strong, aged, or processed cheese, such as American processed, cheddar, colby, blue, brie, mozzarella, and parmesan cheese; yogurt; sour cream (you can eat cream and cottage cheese)
- beef or chicken liver, dry sausage (including Genoa salami, hard salami, pepperoni, and Lebanon bologna), caviar, dried or pickled herring, anchovies, meat extracts, meat tenderizers and meats prepared with tenderizers
- avocados, bananas, canned figs, dried fruits (raisins, prunes), raspberries, overripe fruit, sauerkraut, soy beans and soy sauce, yeast extract (including brewer's yeast in large quantities)
- broad beans (fava)
- excessive amounts of chocolate

**Caffeine:** Many foods and drinks with caffeine also contain tyramine. Ask your doctor if you should avoid or limit caffeine.

**Alcohol:** Avoid alcohol while using linezolid. Many alcoholic drinks contain tyramine, including tap beer, red wine, sherry, and liqueurs. Tyramine can also be in alcohol-free and reduced alcohol beer.

























# More About Using Medicines Safely

**Read the label before you use any medicine.**

## Over-the-counter Medicines

Over-the-counter medicine has a label called **Drug Facts** on the medicine container or packaging. The label is there to help you choose the right medicine for you and your problem and use the medicine safely. Some over-the-counter medicines also come with a consumer information leaflet which gives more information.

## Prescription Medicines

### Medication Guide (also called Med Guide):

This is one kind of information written for consumers about prescription medicines. The pharmacist must give you a Medication Guide each time you fill your prescription when there is one written for your medicine. Medication Guides are made for certain medicines that have serious risks. The information tells about the risks and how to avoid them. Read the information carefully before you use the medicine. If you have any questions, ask a doctor or pharmacist.

For more information on Medication Guides, visit: [www.fda.gov/drugs](http://www.fda.gov/drugs)

## **Patient Package Insert (also called “PPI” or patient information):**

This is another kind of information written for consumers about prescription medicines. Your pharmacist might give this to you with your medicine. It gives you information about the medicine and how to use it. The pharmacist must give you a PPI with birth control pills or any medicine with estrogen.

## **Resources**

**<http://www.fda.gov/usemedicinesafely>**

Consumer education on how to choose and use medicine, from the FDA.

**<http://www.medlineplus.gov>**

Health information for consumers, from the government’s National Library of Medicine (NLM).

**<http://dailymed.nlm.nih.gov>**

FDA-approved drug labeling written for healthcare professionals, from the government’s National Institutes of Health (NIH); sometimes this labeling will also have a “Patient Package Insert” or PPI or a “Medication Guide,” written for patients.

**<http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>**

Drugs@FDA website with FDA-approved labeling written for healthcare professionals; sometimes this labeling will also have a “Patient Package Insert” or PPI, or a “Medication Guide,” written for patients. The site may have a “Drug



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### **Food and Drug Administration**



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Web: [www.fda.gov/drugs](http://www.fda.gov/drugs)

For an online version of this guide, visit:  
**[www.nclnet.org](http://www.nclnet.org)** or **[www.fda.gov/drugs](http://www.fda.gov/drugs)**

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