



# 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.











## Anti-Anxiety and Panic Disorder Medicines

### Examples

alprazolam  
clonazepam  
diazepam  
lorazepam

### Interactions

**Alcohol:** Avoid alcohol. Alcohol can add to the side effects caused by these medicines, such as drowsiness.

## Antidepressants

Antidepressants treat depression, general anxiety disorder, social phobia, obsessive-compulsive disorder, some eating disorders, and panic attacks. The medicines below work by increasing the amount of serotonin, a natural substance in the brain that helps maintain mental balance.

Never stop an antidepressant medicine without first talking to a doctor. You may need to stop your medicine gradually to avoid getting side effects.

### Examples

citalopram  
escitalopram  
fluoxetine  
paroxetine  
sertraline

### Interactions

**Food:** You can take these medicines on a full or empty stomach. Swallow

paroxetine whole; don't chew or crush it.

**Alcohol:** Avoid alcohol. Alcohol can add to the side effects caused by these medicines, such as drowsiness.

## Antidepressants-Monoamine Oxidase Inhibitors (MAOIs)

MAOIs treat depression in people who haven't been helped by other medicines. They work by increasing the amounts of certain natural substances that are needed for mental balance.

### Examples

phenelzine  
tranylcypromine

### Interactions

**Food:** Avoid foods and drinks that contain tyramine when you use MAOIs. High levels of tyramine can cause a sudden, dangerous increase in your blood pressure. Follow your doctor's directions very carefully.

Foods that contain tyramine are listed on page 21, under "**Foods with Tyramine.**"

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



**Alcohol:** Don't drink alcohol while using these medicines. Many alcoholic drinks contain tyramine, including tap beer, red wine, sherry, and liqueurs. Tyramine also can be in alcohol-free and reduced alcohol beer. Alcohol also can add to the side effects caused by these medicines.

## Antipsychotics

Antipsychotics treat the symptoms of schizophrenia and acute manic or mixed episodes from bipolar disorder. People with schizophrenia may believe things that are not real (delusions) or see, hear, feel, or smell things that are not real (hallucinations). They can also have disturbed or unusual thinking and strong or inappropriate emotions. These medicines work by changing the activity of certain natural substances in the brain.

### Examples

- aripiprazole
- clozapine
- olanzapine
- quetiapine
- risperidone
- ziprasidone

## Interactions

**Food:** Take ziprasidone capsules with food. You can take the rest of these medicines on a full or empty stomach.

**Caffeine:** Avoid caffeine when using clozapine because caffeine can increase the amount of medicine in your blood and cause side effects.

**Alcohol:** Avoid alcohol. Alcohol can add to the side effects caused by these medicines, such as drowsiness.

## Sedatives and Hypnotics (Sleep Medicines)

Sedative and hypnotic medicines treat people who have problems falling asleep or staying asleep. They work by slowing activity in the brain to allow sleep. Some of these medicines you can buy over-the-counter and some you can only buy with a prescription.

Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines, or street drugs before starting any sleep medicine. You could have a greater chance of becoming addicted to sleep medicines.

### Examples

eszopiclone  
zolpidem

### Interactions

**Food:** To get to sleep faster, don't take these medicines with a meal or right after a meal.

**Alcohol:** Don't drink alcohol while using these medicines. Alcohol can add to the side effects caused by these medicines.

## Bipolar Disorder Medicines

People with bipolar disorder experience mania (abnormally excited mood, racing thoughts, more talkative than usual, and decreased need for sleep)

and depression at different times during their lives. Bipolar disorder medicines help people who have mood swings by helping to balance their moods.

### Examples

carbamazepine  
divalproex sodium  
lamotrigine  
lithium

### Interactions

**Food:** Take divalproex with food if it upsets your stomach. Take lithium immediately after meal or with food or milk to avoid stomach upset. Lithium can cause you to lose sodium, so maintain a normal diet, including salt; drink plenty of fluids (eight to 12 glasses a day) while on the medicine.

**Alcohol:** Avoid alcohol. Alcohol can add to the side effects caused by these medicines, such as drowsiness.

## Osteoporosis

### Bisphosphonates (bone calcium phosphorus metabolism)

Bisphosphonates prevent and treat osteoporosis, a condition in which the bones become thin and weak and break easily. They work by preventing bone breakdown and increasing bone thickness.

## Examples

alendronate sodium  
alendronate sodium +  
cholecalciferol  
ibandronate sodium  
risedronate sodium  
risedronate sodium + calcium  
carbonate

**Food:** These medicines work only when you take them on an empty stomach. Take the medicine first thing in the morning with a full glass (six to eight ounces) of plain water while you are sitting or standing up. Don't take with mineral water. Don't take antacids or any other medicine, food, drink, calcium, or any vitamins or other dietary supplements for at least 30 minutes after taking alendronate or risedronate, and for at least 60 minutes after taking ibandronate. Don't lie down for at least 30 minutes after taking alendronate or risedronate and for at least 60 minutes after taking ibandronate. Don't lie down until you eat your first food of the day.





# 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

Safety Communication,” or “Other Important Information from FDA,” if there has been new information about the medicine that has not made it to the label yet.

**<http://www.fda.gov/drugs/ucm079489.htm>**

A personal medicine record can help you keep track of your prescription and over-the-counter medicines and vitamins, herbals, and other dietary supplements you use. If you keep a written record, it can make it easy to share this information with all your healthcare professionals—at office, clinic and hospital visits, and in emergencies.



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### **Food and Drug Administration**



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For an online version of this guide, visit:  
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