



GLOBAL HEALTH PHARMACY

ASK YOUR GLOBAL HEALTH PHARMACIST

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--- In this Issue ---

MEDICATION INTERACTIONS

There are quite a few interactions you might experience with your medicines such as:

- 1) Medication and Food interactions
- 2) Medication and Medication interactions
- 3) Medication and Disease interactions
- 4) Medication and Age interactions

Often there are certain drinks, food, other medication, age, disease and/or certain activities you need to avoid while taking a particular medication. Foods interact with medicines in many complex ways. Food can make your medicines more or less powerful, and some medicines can interfere with your body's ability to absorb nutrients from food. While some of these interactions can be severe, others might be mild. Therefore, if you take more than one prescription drug or medicine on a regular basis, it is time to ask your Global Health Pharmacist for a free consultation. Close Clinical Monitoring by your Global Health Pharmacist is indicated.

Examples of some of these interactions are listed below.

MEDICATION – FOOD INTERACTION

Coumadin (Warfarin)

Avoid the following items:

- excessive amount of foods high in Vitamin K, such as green and/or leafy vegetables, Broccoli, Kale, Turnip Greens
- Herbal teas, especially green teas
- Digestive aids with papain or papaya enzymes
- Large amounts of fried or boiled onions, as in French Onion Soup
- Milk and milk products such as cheddar cheese
- Meat and meat products such beef and pork



GLOBAL HEALTH PHARMACY

MEDICATION – MEDICATION INTERACTION

- 1) *Coumadin (warfarin)* Avoid:
 - *Aspirin and Aspirin containing products (Talk with your pharmacist)*
 - *Cough and Cold medicines such as Sudafed (pseudoephedrine),*
 - *Antacids such as tums, Maalox, Mylanta*
 - *Laxatives.*
 - *Large amount of vitamins A, E or C*
- 2) *Flomax (Tamsulosin)* Avoid:
 - *Alpha-blockers such as Prazosin (Minipress), and Terazosin (Hytrin)*
 - *Phosphodiesterase inhibitors such as Sildenafil (Viagra)*
 - *Azole antifungals such as Ketoconazole (Nizoral)*
 - *Cimetidine (Tagamet).*
 - *Serotonin specific reuptake inhibitors such as Fluoxetine (Prozac)*
 - *Warfarin (Coumadin)*
- 3) *Clopidogrel (Plavix)* Avoid:
 - *Warfarin*
 - *NSAIDs such as Ibuprofen, Celebrex*
 - *Salicylates such as Aspirin*
 - *Azole antifungals such as fluconazole, ketoconazole,; Cimetidine; Prozac;*
 - *PPI's such as Prilosec*
 - *Lescol, Phenytoin (Dilantin), Tamoxifen (Novaldex), Tolbutamide or Demadex:*
- 4) *Beta-Blockers (e.g. Metoprolol):* Avoid
 - *Amiodarone, Bupropion, Cimetidine, Digoxin, Diltiazem, Diphenhydramine, Disopyramide, Flecainide,*
 - *HIV protease inhibitor like Ritonavir (Norvir, Kaletra)*
 - *Hormonal contraceptives like birth control pills,*
 - *Hydralazine (Aprozoline), Hydroxychloroquine (Plaquenil), ketanserin, Mibefradil*
 - *Monoamine oxidase inhibitors (MAOIs) such as phenelzine,*
 - *Phenothiazines such as thioridazine, propaferon(rythmol), propylthiouracil,*
 - *Quinazolines such as alfuzosin, quinidine, reserpine*
 - *Certain SSRI's such as Prozac, paxil; terbinafine, or verapamil (Calan, verelan)*
 - *Phenobarbital or indomethacin*
 - *Bupivacaine, disopyramide, flecainide, hydralazine, ketanserin, or lidocaine*
- 5) *Calcium Channel Blockers's (e.g. Verapamil):*
 - *Careful with Beta-blockers such as propranolol, Clonidine, disopyramide*
 - *Macrolides such as erythromycins, or retonavir*
 - *Avoid Phenobarbital, rifampim, or St. John's Wort*



GLOBAL HEALTH PHARMACY

- Avoid Aldosterone blockers such as eplerenone, aspirin, carbamazepine (tegretol), Colchicin, cyclosporine, digoxin, doxorubicin, erythromycin, flecainide, lovastatin, Simvastatin, lithium, terazosin, quinidine, theophyllines
- 6) Angiotensin Converting Enzymes Inhibitors (ACEIs) e.g. Lisinopril:
- use care with diuretics such as Furosemide, hydrochlorothiazide
 - Caution with Aldosterone blockers such as eplerenon
 - Potassium-sparing diuretics such as spironolactone, triamterene, or potassium supplements
 - Caution with Insulin, sulfonylureas such as Glipizide, Glyburide, or other oral diabetes medicines such as metformin
 - NSAIDs such as ibuprofen, indomethacin, Celebrex
 - Salicylates such as aspirin
- 7) Diuretics(e.g. Hydrochlorothiazide, Furosemide):
- Caution with Digoxin (Lanoxin), Phenobarbital, Prednisone, other diuretics, codeine, Cholestyramine, colestipol and ibuprofen
 - Caution with Diabetic medicines such as Glipizide, glyburide, metformin, or Insulin
- 8) Lipitor:
- Caution with Aiodarone
 - Azole antifungals such as ketoconazole, itraconazole, colchicines, diltiazem
 - Fibrates such as gemfibrozil, clofibrate, fluconazole, HIV ritonavir, erythromycin, niacin, verapamil
 - Carbamazepine, rifampin, and St. John's Wort
 - Caution with Digoxin (Lanoxin), hormonal contraceptives such as birth control pills, or Spironolactone
- 9) Metformin:
- Caution using nifedipine, prednisone, furosemide, hydrochlorothiazide (HCTZ), birth control pills, insulin, isoniazide, phenytoin (Dilantin), glipizide, glyburide, albuterol, pseudoephedrine, levothyroxine
- 10) Insulins (e.g. Novolog, Victoza, Levemir):
- Caution using Beta-blockers such as propranolol, Atenolol, clonidine, and lithium
 - ACEI such as enalapril, lisinopril; disopyramide, clofibrate, gemfibrozil, Prozac
 - MAOIs such as phenelzine; glipizide, glyburide, metformin, nateglinide, sulfamethoxazole
 - Prednisone, danazole, furosemide, hydrochlorothiazide(HCTZ), estrogen, birth control pills, isoniazide, niacin, albuterol, and levothyroxine
- 11) Tiotropium (Spiriva):
- Anticholinergics such as Ipratropium

MEDICATION – DISEASE INTERACTION

- 1) Vitamin D3
- Use with caution on patient with renal osteodystrophy with Hypophosphatemia because patient might develop metastatic calcification.



GLOBAL HEALTH PHARMACY

- 2) *Alendronate (Fosamax):*
 - *This medication is contraindicated in patients with gastritis, Duodenitis, symptomatic esophageal disease, hiatal hernia, frequent Dyspepsia, dysphagia, or ulcer*
- 3) *Calcium with vitamin D:*
 - *Is contraindicated in patients with renal function impairment. It should be used with caution.*
- 4) *Olanzapine (Zyprexa):*
 - *Should be used with caution in patients with high cholesterol because this may further increase cholesterol and triglyceride levels.*
 - *Zyprexa may also exacerbate angle closure glaucoma and increase intraocular pressure.*
- 5) *Beta-blockers (e.g. Metoprolol):*
 - *Avoid or use with extreme caution in patients with Obstructive Pulmonary Disease (COPD). May block bronchodilation produced by endogenous and exogenous catecholamine.*

MEDICATION – AGE INTERACTION

- 1) *Celebrex:*
 - *Use with caution in elderly patients. Elderly patients are at greater risk of fatal GI events and renal hepatic, or cardiac impairment.*
- 2) *Hydroxyzine (Vistaril/Atarax):*
 - *Is contraindicated in elderly patients. These drugs have potent anticholinergic properties: dry mouth*
- 3) *Metfomin / Glyburide:*
 - *Should be used with caution in elderly patients. It is not recommended to be started with patients 80 years or older due to reduced renal function.*
- 4) *Dicyclomine (Bentyl):*
 - *This drug is contraindicated in elderly patients due to high anticholinergic properties. It also has an uncertain effectiveness. This drug should be avoided, especially for long term use.*
- 5) *Iron Preparations (e.g. Ferrous Sulfate):*
 - *Should be used with extreme care in elderly patients. Doses greater than 324mg can cause or worsen constipation in these patients.*

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.