

# Medication Guide for Patients

## Discharge Instructions Addendum A Medication Guide for Patients FOOD AND DRUG INTERACTION GUIDE

- **Coumadin.** Avoid drastic changes in consumption of foods high in vitamin K, such as asparagus, broccoli, brussels sprouts, cabbage, cauliflower, chick peas, collard greens, green leafy vegetables, kale, lettuce, spinach, turnip greens, oats, herbal teas, soybean oil, and liver.
- **Diuretics, potassium-losing** (i.e., Hydrochlorothiazide, Lasix, Bumex). Your physician may instruct you to eat foods high in potassium, such as milk, artichokes, asparagus, avocado, lima beans, brussels sprouts, carrots, dried beans, lentils, potatoes, spinach, winter squash, sweet potatoes, tomatoes, tomato juice, apricots, banana, cantaloupe, dates, figs, grapefruit juice, honeydew melon, oranges, orange juice, peaches, prunes, prune juice, pumpkin, and raisins.
- **Diuretics, potassium-retaining** (i.e., Aldactone, Maxzide, Dyazide) and **ACE Inhibitors** (i.e., Capoten, Prinivil). Use caution when using salt substitute and light salts. These products may contain large amounts of potassium.
- **Iron supplements.** Avoid taking with milk, eggs, coffee, or tea. These items should not be taken at the same time or within one hour after a meal. Liquid iron should be added to water or juice and given through a straw to prevent tooth stains.
- **Lithium** (i.e., Lithane, Eskalith, Lithobid). Maintain a regular diet that includes salt intake and eight to 10 glasses of water daily.
- **Monoamine Oxidase Inhibitors** (i.e., Marplan, Matulane, Nardil, Parnate). Avoid tyramine-containing foods, such as avocado, bean curd, fava (broad) beans, green bean pods, olives, pickles, sauerkraut, overripe vegetables, bananas, canned figs, overripe fruit, raisins, raspberries, aged cheeses, caffeine, coffee, tea, chocolate, yeast extracts (marmite), brewer's yeast, MSG, meat tenderizers, ginseng, miso soup, yogurt, soy sauce, sour cream, caviar, aged game, bologna, pickled/dried herring, liver, salami, shrimp paste, smoked meats, summer sausage, beer/ale, Chianti, port wines, red wines, sherry, vermouth, and white wines.
- **Tetracycline.** Avoid milk and milk products. If necessary, these products may be taken one hour prior or two hours following medication administration.
- **Medications to be taken with food.** Advil, aspirin, Ceftin, Cytotec, Feldene, Macrochantin, Mevacor, Mexitil, Motrin, Naprosyn, potassium, Parlodel, Sinemet, steroids, Tagamet, Ticlid, Tonocard, Toradol, Vantin, and Voltaren.
- Medications to be taken 30 minutes before meals: Glucotrol, insulin, Lopid, Prilosec, and Reglan.
- Medications to be taken on an empty stomach (at least one hour prior to a meal): Bumex, Carafate, Hismanol, Penicillin and derivatives, Isoniasid, Zithromax, Tetracycline, Lorabid, and Dyazide.
- Avoid alcohol with the following medications: Aspirin, Coumadin, Dilantin, Flagyl, Inderal, Isoniazid, tranquilizers, Isordil, Lanoxin, Lithium, Lomotil, Marplan, Matulane, Mysoline, Nardil, nitroglycerin, Nizoral, Parnate, Procan, Quindine, Tagamet, Tambacor, Tegretol, Tonocard, Tylenol, antidiabetic medications, antihistamines, antidepressants, pain medications, sleeping medications, and sedatives.
- Avoid antacids (Maalox, Mylanta, Tums, etc.) with the following medications: Achromycin, Cipro, Coumadin, Declomycin, Floxin, Lanoxin, Maxaquin, Minocin, Nizoral, Noroxin, Quinidex, Quiniglute, Rifamate, Sumycin, Terramycin, and Tetracycline.

As the patient, you play an important role in your medication therapy. Never hesitate to ask questions concerning your medications. You will experience the maximum benefits of your medication therapy if you take the medications as directed by your physician and pharmacist. You should ask your physician and/or pharmacist the following questions when a new medication has been prescribed:

1. What is the name and the strength of the medication?
2. Which medical condition is the medication for?
3. How should I take the medication?
4. What are the common side effects of the medication?
5. Does the medication interact with other nonprescription drug products that I have at home?
6. Is it safe to drink alcoholic beverages with the medication?
7. What should I do if I miss a dose?
8. How should the medication be stored?
9. Is a generic brand of medication available?
10. Can my prescription be refilled? How many times?