

DEPARTMENT OF THE ARMY
US ARMY MEDICAL DEPARTMENT ACTIVITY
Fort Huachuca Arizona 85613-7040

MEDDAC Memorandum
No. 40-157

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Medical Services
DRUG-FOOD INTERACTIONS

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1. HISTORY: This issue publishes a revision of this publication.
2. PURPOSE: To ensure that outpatients receive instructions on any prescribed drugs, which could cause harmful interactions with foods.
3. SCOPE: This memorandum applies to all health care providers in MEDDAC and DENTAC, Fort Huachuca, Arizona, involved in prescription and administration of drugs to outpatients.
4. REFERENCES:
 - a. Joint Commission on Accreditation of Hospitals Standards
 - b. American Dietetics Association's Manual of Clinical Dietetics
5. RESPONSIBILITIES:
 - a. The Chief, Nutrition Care Clinic, in conjunction with the Chief, Pharmacy, or his/her representative will develop a list of drugs utilized in this facility which could have potential drug-food interactions. This list will be submitted to the Deputy Commander for Clinical Services (DCCS).
 - b. The DCCS will approve the completed list and any updates.
6. PROCEDURES:
 - a. The Dietitian and the Pharmacist will develop a list of drugs determined to have potential drug-food interactions, the possible problems that could be encountered and procedures to follow when taking the particular drug.

*This memorandum supersedes MEDDAC Reg 40-157, dated 13 Mar 2001.

b. The completed list will be forwarded to the Deputy Commander for Clinical Services for approval.

c. The drugs listed possible interactions and special instructions will be printed on a handout for the patients.

d. Copies of the list may be obtained through the Pharmacy or on local Formflow, RWBAHC handout 330 dated 1 May 2000. See Appendix A.

e. The health care provider from which the prescription originated or the patient educator will:

(1) Counsel the patient using the RWBAHC handout 330 and document in the patient's record.

(2) Patients with prescriptions for the targeted drugs will receive the Drug-Food Interactions Handout and verbal counseling from the dispensing pharmacist. Documentation of this counseling will be made in CHCS on the comment line of the prescription. This will be done at the time of dispensing.

The proponent agency for this memorandum is PMWARS. Users are invited to send comments and suggested improvements to Commander, USAMEDDAC, ATTN: MCXJ-PM, Fort Huachuca, AZ 85613

FOR THE COMMANDER:

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DRUG-FOOD INTERACTION GUIDE

This guide does not include all drug/food interactions. If you have any questions concerning this information or need information about other medications, call the Pharmacy Service at 533-2520.

COUMADIN

Too much Vitamin K in the diet, especially the sudden intake of large amounts of Vitamin K can interfere with this medication and reduce its effectiveness. If your diet is already high in these foods, **don't change!** Consistency is the key, and any drastic changes to your eating habits can affect your health. The following foods contain high amounts of Vitamin K: liver (any type); brussel sprouts; collard greens; kale; soybean oil; broccoli; turnip greens; cabbage; green leafy vegetables; spinach; green tea; chick peas; cauliflower; potatoes; soy products (including tofu); peas; lettuce; fish; vegetable oils; fruits; dairy products; eggs.

Also limit caffeine and alcoholic beverages.

LITHIUM

Maintain a normal salt intake. A low sodium diet can cause lithium toxicity, while too much sodium in the diet can impact lithium's effectiveness. Avoid highly salted foods such as salty pretzels and chips. Avoid shaking lots of salt on your food. Avoid big changes in your sodium intake without consulting with your doctor. Drink at least 6 to 8 glasses of water or other fluid each day. **Avoid alcohol.**

FLUOROQUINOLONES (Ciprofloxacin,, Gatifloxin)

Drink plenty of water to prevent crystallization of these drugs in the kidneys. Avoid antacids containing magnesium or aluminum, as well as alkaline foods such as milk, dairy products, peanuts, and sodium bicarbonate within 2 hours of taking these drugs.

TETRACYCLINE

Drink a large glass of water with this medication. Avoid alcohol. The absorption of this medication is impaired when taken with foods (and vitamin preparations) containing calcium, magnesium, iron, and zinc. Avoid eating calcium-rich foods within 2 hours of taking a dose. Foods high in calcium include most dairy products such as milk, cheese, yogurt, ice cream, and pudding, as well as many dark green vegetables such as spinach and broccoli.

CALCIUM CHANNEL BLOCKERS (Felodipine, Nifedipine, Verapamil)

Avoid grapefruit and grapefruit juice. These foods will increase the amount of active drug in the body, thereby causing increased side effects such as increased heart rate, blood pressure changes, facial flushing, headache, and light-headedness.