

# MED+<sup>TM</sup> EASY



## Food interactions with medication

---

If you or someone you care for is finding it hard to swallow solid medicines such as tablets and capsules, an alternative method many people use is to swallow medication with food – either mixed after crushing a tablet or opening a capsule – or hidden/disguised in whole form.

However, some medications interact with food and can change how the medication works<sup>1</sup>. Below are a few common foods that may affect medications:

- **Calcium:** Dairy products or other foods that are high in calcium can reduce absorption and therefore decrease the effectiveness of the some antibiotics such as **ciprofloxacin** (Cipro<sup>®</sup>, Proquin<sup>®</sup> XR Extended-release Tablets), **levofloxacin** (Levaquin<sup>®</sup>), **doxycycline** (Doryx<sup>®</sup>, Oracea<sup>®</sup>, Periostat<sup>®</sup>, Vibra-Tabs<sup>®</sup>, Vibramycin<sup>®</sup>), and **minocycline** (Minocin<sup>®</sup>). It is recommended these medications are taken two hours before or six hours after eating foods high in calcium.
- **Vitamin K:** Green leafy vegetables that have high vitamin K content, such as spinach, kale, and romaine lettuce, can affect the “blood thinning” medication **warfarin** (Coumadin<sup>®</sup>). Vitamin K can reverse the effects of warfarin and increases blood clotting. You do not need to avoid eating these foods while on warfarin—just stay consistent with the amount you eat per week.
- **Grapefruit:** Grapefruit and grapefruit juice can decrease the ability of the body to process certain medications which can cause side effects from increased amounts of the drug remaining in your body. Avoid drinking grapefruit juice or eating grapefruit if you are taking **atorvastatin** (Lipitor<sup>®</sup>), **simvastatin** (Zocor<sup>®</sup>, Vytorin<sup>®</sup>), or **lovastatin** (Mevacor<sup>®</sup>) to treat high cholesterol, or if you are taking warfarin.
- **Tyramine:** Cheese, dried fruit, or meat that is smoked, aged, improperly stored, or spoiled are high in tyramine which can cause side effects when taken with certain medications called monoamine oxidase inhibitors. Medications used to treat depression such as **phenelzine** (Nardil<sup>®</sup>) and **tranylcypromine** (Parnate<sup>®</sup>) and the antibiotic **linezolid** (Zyvox<sup>®</sup>) may interact adversely with foods high in tyramine.

Please see over...

# What to do instead of mixing medication with food

---

You should always read the patient information leaflet enclosed with any medication. Unless the patient information leaflet states it is safe to crush your tablets or open your capsules, or mix with food, then don't.

Ideally the best option is to take any medication in the form it has been manufactured.

Med-Easy™ is a liquid that makes swallowing tablets, capsules and other solid dose forms of medication easier. It is based on starch, which means it is virtually chemically inert and therefore compatible with almost all medicines. Med-Easy™ is chemically compatible with over 100 commonly used medicines which have been demonstrated by independent, GMP and ISO9001 certified laboratories.

Med-Easy™ It is suitable for anyone that can swallow autonomously, from the age of two.\*

People that can benefit from Med-Easy™ include:

- ✓ A person suffering from illness or a medical problem i.e. stroke, Alzheimer's, Parkinson's, cancer
- ✓ Those undertaking medication or treatment which results in dry mouth
- ✓ Children or young adults transitioning from children's liquid medication to solid dose tablets or capsules
- ✓ Over 60s
- ✓ Those with general pill anxiety

For more information about Med-Easy™ please visit [www.med-easy.co.uk](http://www.med-easy.co.uk)

\* Do not use in case of severe swallowing problems. Do not use Med-Easy with effervescent tablets. Pregnancy and breastfeeding – please check with your doctor or pharmacist before use.

<sup>1</sup> <http://www.safemedication.com/safemed/PharmacistsJournal/Food-Drug-Interactions>