

## Drug - Nutrient Interactions

### Risk Factor Definition:

Use of prescription or over-the-counter drugs or medications shown to interfere with nutrient intake or use, to an extent that nutritional status is compromised.

### Guidance:

1. Mark this risk when a client is taking a drug or medication that can interfere with nutrient intake or use.
  - Ask the Assessment Questions to see if the client is taking any drugs or medications.
  - Assess if the drug or medication can interfere with nutrient intake or use.
    - The attached table lists common medications and their possible effect on nutrition.
    - Mark the risk if the client is on one of these medications. The table isn't all-inclusive, there could be other drugs or medications the client is taking that have an effect on nutrition.
    - You can use other resources like the Food-Medications Interactions book or the Physician's Desk Reference (PDR).
2. Gather information from the client or caregiver to assess future steps.
  - Ask if the client has any side effects. In some cases, you may want to refer to the dietitian or the client's doctor.

Questions to ask:

    - Are you experiencing any side effects from this drug or medication? (If yes, tell me more.) Assess if client's nutrition status is affected.
    - What concerns does your doctor have about your nutrition status because of this drug or medication?
3. Offer nutrition education and referrals based on the information gathered from talking with the client or caregiver.

**Note:** Mark "Professional Discretion High Risk" when appropriate following clinic practice.

## Drug – Nutrient Interactions

### Table of Common Drugs and Medications:

This table lists common drugs that can affect nutrition status. If the client is taking a drug or medication that isn't on this list, check the Food-Medications Interactions book for possible side effects. The book is available from the state.

Drugs	Possible Side Effects
<b>Antiarthritic</b>	
Naproxen	↑ thirst, inflammation of the mouth, dry mouth, difficulty swallowing, nausea and vomiting, difficulty with digestion, GI pain, constipation, inflammation of the colon, diarrhea, gas
<b>Anti-ADHD medication:</b>	
Concerta	Loss of appetite or not able to eat, ↓ weight, ↓ growth with long term use, dry throat, nausea and vomiting, abdominal pain, diarrhea
Methylphenidate	Loss of appetite or not able to eat, ↓ weight, ↓ growth with long term use, dry throat, nausea and vomiting, abdominal pain, diarrhea
Ritalin	Loss of appetite or not able to eat, ↓ weight, ↓ growth with long term use, dry throat, nausea and vomiting, abdominal pain, diarrhea
<b>Antiasthma</b>	
Advair	Dental pain, ↓ salivation, yeast infection, inflammation of the pharynx, throat irritation, nausea and vomiting, stomach ache, diarrhea
Albuterol	↑ appetite, loss of appetite or not able to eat, sore/dry throat, nausea and vomiting, difficulty with digestion, diarrhea
Flovent	↓ sense of taste, sore throat, nausea and vomiting
Pulmicort	↑ Appetite, ↑ nausea, inflammation of the tongue, tooth disorder, tongue swelling, difficulty with digestion, nausea, inflammation of the intestines, hemorrhoids
Salmeterol	Dental pain, ↓ salivation, yeast infection, inflammation of the pharynx, throat irritation, nausea and vomiting, stomach ache, diarrhea
<b>Amphetamine:</b>	
Adderall	Loss of appetite or not able to eat, ↓ weight, ↓ growth in children, dry mouth, metallic taste, stomach pain/cramps, nausea, diarrhea, constipation
<b>Antibiotic:</b>	
Amoxicillin	Prebiotics may ↓ GI side effects, nausea and vomiting, diarrhea
Bactrim	Loss of appetite or not able to eat, interferes with folic acid metabolism, inflammation of the mouth and tongue, , nausea and vomiting, diarrhea,
Cefdinir	Fe, Mg or Aluminum ↓ absorption of drug, nausea and vomiting, abdominal pain, diarrhea,
Cephalexin	Oral yeast infection & sore mouth/tongue with long term use, difficulty with digestion, inflammation of the stomach, diarrhea
Clindamycin (Cleocin)	Loss of appetite or not able to eat, ↓ weight, ↑ thirst, metallic taste (with IV), inflammation of the esophagus, nausea and vomiting, cramps, severe, gas, bloating, diarrhea

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Drugs	Possible Side Effects
<b>Antidepressants:</b>	
Citalopram (Celexa)	↑ weight, ↑ appetite, loss of appetite or not able to eat, ↓ weight, dry mouth, taste changes, ↑ salivation, difficulty with digestion, nausea, vomiting, abdominal pain, diarrhea, gas
Duloxetine (Cymbalta)	↓ appetite, ↓ weight, loss of appetite or not able to eat, dry mouth, nausea and vomiting, difficulty with digestion, inflammation of the stomach, constipation, diarrhea
Paxil	↑ appetite, ↑ weight or ↓ appetite, ↓ weight, dry mouth, taste changes, nausea, difficulty with digestion, constipation, diarrhea, gas.
Wellbutrin	loss of appetite or not able to eat, ↓ weight, ↑ appetite, ↑ weight, ↓ chocolate craving reported, dry mouth, inflammation of the mouth, taste changes, difficulty in swallowing, inflammation of the pharynx, nausea and vomiting, abdominal pain, constipation, diarrhea
Zoloft	Loss of appetite or not able to eat, ↓ weight, dry mouth, nausea and vomiting, difficulty with digestion, diarrhea, constipation, rare-GI bleeding
<b>Anti epileptic</b>	
Carbamazepine	Loss of appetite or not able to eat, ↓ biotin, folic acid, Vit D, Ca, dry mouth, inflammation of the mouth, inflammation of the tongue, nausea and vomiting, abdominal pain, constipation, diarrhea
Keppra	Loss of appetite or not able to eat
Klonopin	Loss of appetite or not able to eat, ↓ weight, ↑ appetite, ↑ weight with alprazolam or chlordiazepoxide, ↑ thirst, dry mouth, ↑ salivation, nausea and vomiting, constipation, diarrhea
Lamictal	Loss of appetite or not able to eat, ↓ weight, dry mouth, tooth disorder, nausea and vomiting, difficulty with digestion, abdominal pain, diarrhea, constipation
Lamotrigine	Loss of appetite or not able to eat, ↓ weight, dry mouth, tooth disorder, nausea and vomiting, difficulty with digestion, abdominal pain, diarrhea, constipation
Levetiracetam	Loss of appetite or not able to eat
Neurontin	↑ weight, ↑ appetite, loss of appetite or not able to eat, dental abnormalities, inflammation of the gums, dry mouth or throat, difficulty with digestion, nausea and vomiting, gas, diarrhea, constipation
Phenobarbital	↑ rate of metabolism of Vit D & Vit K, possibly Folic Acid, avoid St. John's Wort
Tegretol	Loss of appetite or not able to eat, ↓ biotin, folic acid, Vit D, Ca, dry mouth, inflammation of the mouth, inflammation of the tongue, nausea and vomiting, abdominal pain, constipation, diarrhea
<b>Antihyperglycemic agent:</b>	
Metformin	Loss of appetite or not able to eat, stable weight or ↓ weight, ↓ Folic Acid and B12 absorption, metallic taste, difficulty with digestion, nausea and vomiting, bloating, diarrhea, gas, constipation with extended release form of medication

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Drugs	Possible Side Effects
<b>Anticoagulant:</b>	
Coumadin	Taste changes, nausea and vomiting, cramps, diarrhea
Heparin	Nausea and vomiting, abdominal pain, GI bleeding, constipation, black tarry stools
Warfarin	Taste changes, nausea and vomiting, cramps, diarrhea
<b>Antihistamine</b>	
Benadryl	Loss of appetite or not able to eat, dry mouth/throat, nausea and vomiting, abdominal pain, constipation, diarrhea
Claritin	↑ appetite, ↑ weight, ↑ thirst, loss of appetite or not able to eat, dry mouth, changes in taste, tooth disorder, inflammation of the mouth and tongue, abdominal pain, diarrhea
Loratadine	↑ appetite, ↑ weight, ↑ thirst, loss of appetite or not able to eat, dry mouth, changes in taste, tooth disorder, inflammation of the mouth and tongue, abdominal pain, diarrhea
Promethazine	↑ need for Riboflavin, dry mouth, nausea and vomiting, constipation
<b>Anti-hypertensive:</b>	
Captopri	Loss of appetite or not able to eat, ↓ weight, rare –altered sense of taste, metallic or salty taste, dry mouth, nausea and vomiting, abdominal pain, constipation, diarrhea
Clonidine	↑ weight due to swelling, loss of appetite or not able to eat, dry mouth, nausea and vomiting, constipation
Labetalol	Taste changes, nausea and vomiting, difficulty with digestion
Lasix	Loss of appetite or not able to eat, ↑ thirst, oral irritation, cramps, nausea and vomiting, diarrhea, constipation
Lisinopril	Loss of appetite or not able to eat, ↓ weight, rare –altered sense of taste, dry mouth, nausea and vomiting, abdominal pain, constipation, diarrhea
Tenex	Dry mouth, taste changes, difficulty in swallowing, nausea, constipation
<b>Anti-inflammatory</b>	
Corticosteroids (prednisone)	↑ appetite, ↑ weight, negative Nitrogen balance due to protein breakdown, Ca wasting with long term use., Chromium deficiency may ↑ risk for steroid induced diabetes, inflammation of the esophagus, nausea and vomiting, difficulty with digestion, peptic ulcer, bloating, GI bleeding/rupture
<b>Antipsychotic</b>	
Seroquel	↑ appetite, ↑ weight, obesity, loss of appetite or not able to eat, dry mouth, difficulty with digestion, abdominal pain, constipation
<b>Anti-ulcer, anti-gerd, antisecretory</b>	
Pepcid	↓ Fe & Vit B12 absorption, ↓ gastric acid secretions, ↓ gastric pH, N/V, diarrhea, constipation
Zantac	↓ Fe & Vit B12 absorption, ↓ gastric acid secretions, ↓ gastric pH, nausea and vomiting, diarrhea, constipation

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Drugs	Possible Side Effects
<b>Antiulcer</b>	
Nexium	↓ gastric acid secretion, ↑ gastric pH, nausea, abdominal pain, diarrhea
Omeprazole	↓ gastric acid secretion, ↑ gastric pH, nausea, abdominal pain, diarrhea
Prevacid	↓ gastric acid secretion, ↑ gastric pH, nausea, abdominal pain, diarrhea
Prilosec	↓ gastric acid secretion, ↑ gastric pH, nausea, abdominal pain, diarrhea
Rantidine (Zantac)	↓ Fe & Vit B12 absorption, ↓ gastric acid secretions, ↓ gastric pH, nausea and vomiting, diarrhea, constipation
<b>Others</b>	
Digoxin	Loss of appetite or not able to eat, ↓ weight, Ca & Vit D induced excess Calcium, may ↑ drug effects, nausea and vomiting, diarrhea
Levothyroxin	Appetite changes, ↓ weight
Flexeril	Dry mouth, unpleasant taste, difficulty with digestion, nausea, constipation
Glyburide	↑ or ↓ appetite, ↑ weight, difficulty with digestion, nausea, diarrhea, constipation
Cannabis (marijuana)	Dry mouth, nausea, vomiting, heart and blood pressure problems, ↓ immune system PG - slow fetal growth, associated with childhood leukemia
Codeine - Hydrocodone	Loss of appetite or not able to eat, delays digestion, dry mouth, nausea and vomiting, constipation
Corticosteroids	Inflammation of the esophagus, nausea and vomiting, difficulty with digestion, peptic ulcer, bloating, GI bleeding/rupture. ↑ appetite, ↑ weight, except loss of appetite or not able to eat with triamcinolone, negative Nitrogen balance due to pro breakdown. Ca wasting with long-term use. Chromium def may ↑ risk for steroid induced diabetes.
Insulin	↑ weight, no ↑ weight in Type 1 diabetes with insulin.
Methadone	Loss of appetite or not able to eat, dry mouth, nausea and vomiting, cramps, constipation
Nystatin	GI pain, nausea and vomiting, stomach pain, diarrhea, No GI absorption
Oxycodone: Vicoden	Loss of appetite or not able to eat, dry mouth, difficulty with digestion, inflammation of the stomach, nausea and vomiting, diarrhea, constipation
Percocet	Loss of appetite or not able to eat, dry mouth, difficulty with digestion, inflammation of the stomach, nausea and vomiting, diarrhea, constipation
Propranolol	Dry mouth, nausea and vomiting, abdominal pain, diarrhea, constipation, gas
Singulair	Difficulty with digestion, diarrhea
Synthroid	Appetite changes, ↓ weight, Rare- nausea, diarrhea
Tramadol	Loss of appetite or not able to eat, dry mouth, difficulty with digestion, nausea and vomiting, abdominal pain, constipation, diarrhea, gas

Source: Pronsky and Crowe. Food - Medication Interactions, 16<sup>th</sup> Edition.



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