

Medication Management

Lesson #3

Getting Started

1. Review Lesson Plan before each session.
2. Copy handouts:
 - a. Common Drug-Food Interactions
 - b. Steps to Preventing Drug-Food Interactions
3. Gather supplies needed for lesson and activities.

Supplies Needed

1. Common Drug-Food Interactions handouts
2. Steps to Preventing Drug-Food Interactions handouts

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving objectives.
3. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives – The participants will:

1. Learn what a drug-food interaction is.
2. Understand how a drug and food can interfere with each other.
3. Identify who is at higher risk of experiencing drug-food interactions.
4. Understand the importance of knowing which foods will potentially interact with their medications.

Lesson 3 – Drug-Food Interaction

Script

Drug-Food Interaction

Today we are going to talk about how foods you eat may affect some of your medicines.

Who can tell me what a drug interaction is?

(Wait for response.)

- A drug interaction occurs when something affects how your medicine works.

Have you ever experienced any side effects after taking a medicine?

- It was probably quite scary, wasn't it?

Some of you may take more than one pill.

- Did you know that the more pills you take the greater your chances are of experiencing a drug interaction? Only take the medicines your doctor prescribes and let your doctor know which over-the-counter medicines you are taking.

Foods that Alter Medications and the Effects

Both foods and beverages can affect medicines.

How can foods affect your medicine? They can:

1. Increase how some drugs work.
2. Decrease how some drugs work.

How can drugs affect nutrients in your body? They can:

1. Increase amounts of some nutrients in your body to harmful levels.
2. Decrease amounts of some nutrients in your body.

People at Risk of Drug-Food Interactions

Some people are at higher risk of having a drug-food interaction:

1. People who have a poor diet.
2. Older adults.
3. People taking two or more pills at a time.
4. People using prescription and over-the-counter medicines at the same time.
5. People who do not follow pill directions.
6. People taking pills for long periods of time.
7. People who drink alcohol and smoke too much.

Common Food and Medicine Interactions

Now we are going to look at how some foods can affect your medicines and can be harmful if you are not careful.

Will you please take out your *Common Drug-Food Interactions* handout?

(Ensure participants that this list names only a few of the many possible drug-food interactions and that this list is inconclusive.)

Some of you may be taking blood thinners like Warfarin and Coumadin®.

How many of you eat lots of leafy green foods?

If you are taking blood thinners like Warfarin and Coumadin®, you will need to keep your intake of some foods the same from week to week.

These foods include:

1. Foods high in vitamin K, because vitamin K helps blood clot.
 - For example: leafy greens such as spinach, kale, turnip greens, collards, red leaf lettuce; broccoli; liver
2. Garlic is a food you will need to limit, because garlic acts as a blood thinner.
 - This includes garlic cloves, powder and supplements

Recommendations for Foods High in Vitamin K:

1. Keep your intake of these foods the same from week-to-week. Do not avoid these foods or greatly increase them in your diet.
 - Eating more than you normally do of vitamin K-rich foods can decrease the drug's effect.
 - Eating less than you normally do of vitamin K-rich foods can increase the drug's effect.
2. If you do not normally eat these foods, and you go out to lunch where these foods are served, eating a small amount, like ½ cup, will be fine. If you wish to start eating these foods, start slowly with about ½ cup a day.
3. Avoid green tea.

Recommendations for Garlic:

1. Do not eat more than 1 garlic clove a day.
2. Talk to your doctor before eating large amounts of garlic products.

Cholesterol-Lowering Drugs

Some of you may be taking one of the cholesterol-lowering drugs called statins. These are drugs such as Lipitor®, Lescol®, Mevacor®, Zocor®, and Pravachol®.

These may interact with grapefruit juice.

1. Grapefruit juice can increase uptake of many of these medicines.
2. Grapefruit juice does not interfere with Pravachol®.

Recommendations for Grapefruit Juice:

1. Talk to your doctor about the amount of grapefruit juice you drink and the amount of medicine you take.
2. Ask your doctor or pharmacist if any of your other medicines interact with grapefruit juice.

Preventing Drug-Food Interactions

Next, we are going to discuss ways that you can help protect yourself from a drug-food interaction.

Please take out your *Steps to Preventing Drug-Food Interactions* handout.

(Ensure participants that this handout is intended to help prevent drug-nutrient interactions. Other factors could arise that are not preventable.)

1. Follow directions on how to take prescription and over-the-counter medicines.
2. Eat a nutritious diet with a variety of foods.
3. Read all warning labels on your medicines.
4. Do not take other people's pills.
5. Consult your doctor before taking over-the-counter medicines.
6. Tell your doctor about *all* drugs that you take, including prescription, over-the-counter, multi-vitamins, mineral supplements (such as calcium or iron) and herbal products.
7. Tell your doctor about any symptoms or side effects that occur when taking a pill.
8. Keep a written list of all the drugs that you take in your wallet or purse.
9. Ask your doctor or pharmacist any questions you might have:
 - a. What is this pill for?
 - b. How should I take this pill? Should I eat or limit certain foods or beverages when taking this pill?
 - c. What should I expect from my drugs? What are the outcomes and side effects?

Resources:

Before You Buy Statins. About. May 2003

<<http://heartdisease.about.com/library/weekly/aabyb102901.html>>.

ACC/AHA/NHLBI Clinical Advisory on the Use and Safety of Statin. American College of Cardiology. May 2003

<http://www.acc.org/clinical/alerts/statins_june02.htm#incidence>.

Coumadin. Bristol-Myers Squibb Company. May 2003

<<http://www.coumadin.com/consumer/consumerFAQ.shtm#>>.

Anticoagulants. Medline Plus, US National Library of Science and National Institutes of Health. May 2003 <<http://www.nlm.nih.gov/medlineplus/druginfo/uspdi/202050.html>>.

HMG CoA Reductase Inhibitors. Medline Plus, US National Library of Science and National Institutes of Health. May 2003

<<http://www.nlm.nih.gov/medlineplus/druginfo/uspdi/202284.html>>.

The Ancient Bulb with 21st Century Medicinal Properties. Healthology. May 2003

<http://www.healthology.com/focus_article.asp?f=alt_medicine&c=alt_garlicbulb&rnk=8&qry=garlic+and+blood+thinners%3f>.

Kane, G, Lipsky, J. "Drug-Grapefruit Juice Interactions." Mayo Clinic Proc 75 (2000): 933-942. May 2003 <http://www.mayo.edu/proceedings/2000/sep/7509r1.pdf>>.

Hermann, Janice. Drug-Nutrient Interactions. Oklahoma Cooperative Extension Service. May 2003 <http://pearl.agcomm.okstate.edu/fci/health/t-3120.pdf>>.

Grapefruit Juice Interacts with Drugs. Oregon Health Sciences University. May 2003

<<http://www.ohsu.edu/som-lipid/vol153/juice.htm>>.

Stockley, Ivan H. Drug Interactions. London: Pharmaceutical Press, 1999.

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact your local food stamp office, food bank, or senior center.

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Steps to Preventing Drug-Food Interactions

1. Follow directions on how to take prescription and over-the-counter pills.
2. Eat a nutritious diet with a variety of foods.
3. Read all warning labels on your medicines.
4. Do not take other people's pills.
5. Consult your doctor before taking over-the-counter pills.
6. Tell your doctor about *all* drugs that you take, including prescription, over-the-counter, multi-vitamins, minerals (such as calcium or iron) and herbal products.
7. Tell your doctor about any symptoms that occur when taking a pill.
8. Keep a written list of all the pills that you take in your wallet or purse.
9. Ask your doctor or pharmacist any questions you might have:
 4. What is this pill for?
 5. How should I take this pill? Should I eat or limit certain foods or beverages when taking this pill?
 6. What should I expect from my drugs? What are the outcomes and side-effects?

Common Drug-Food Interactions

BLOOD THINNERS:

- Warfarin / Coumadin®

POSSIBLE FOOD INTERACTIONS:

- Foods high in vitamin K:
Spinach, turnip and collard greens, kale, red leaf lettuce, broccoli and liver
- Garlic:
Cloves, powder and supplements

RECOMMENDATIONS:

- For foods high in vitamin K:
 1. Eat about the same amount of these foods each week.
 2. Do not avoid these foods or greatly increase them in your diet.
 3. Avoid green tea.
- For garlic:
 1. Do not eat more than 1 garlic clove a day.
 2. Talk to your doctor before eating large amounts of garlic products.

Common Drug-Food Interactions

CHOLESTEROL-LOWERING DRUGS:

- Statin Drugs
 - Lipitor®, Lescol®, Mevacor® and Zocor®

POSSIBLE NUTRIENT INTERACTIONS:

- Grapefruit juice

RECOMMENDATIONS:

1. Talk to your doctor about the amount of grapefruit juice you drink and the amount of medicine you take.
2. If you currently drink grapefruit juice:
 - Do not drink more than ½ cup per day.
 - Do not drink the grapefruit juice at the same time you take the pill. Avoid grapefruit juice at least 2 hours before and after taking your medication.

If you think it would be hard for you to limit your grapefruit juice to ½ cup, select other citrus fruit juices, such as orange juice.

