



AVOID FOOD-DRUG INTERACTIONS



PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 [asterhospital](#)

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

Aster
HOSPITAL
We'll Treat You Well



DIGITAL VERSION

WHAT YOU SHOULD KNOW ABOUT ALLERGY MEDICATIONS FOOD-DRUG INTERACTIONS

You should know that...

- What you eat and drink can affect the way your medicines work. Use this guide to alert you to possible “food-drug interactions” and to help you learn what you can do to prevent them.

A FOOD-DRUG INTERACTION CAN:

- Prevent a medicine from working the way it should
- Cause a side effect from a medicine to get worse or better
- Cause a new side effect
- A medicine can also change the way your body uses a food. Any of these changes can be harmful.
- This guide covers interactions between some common prescription and over-the-counter medicines and food, caffeine, and alcohol. These interactions come from medicine labels that FDA has approved. This guide uses the generic names of medicines, never brand names.

REMEMBER!

- This guide should never take the place of the advice from your doctor, pharmacist, or other health care professionals. Always ask them if there are any problems you could have when you use your medicines with other medicines; with vitamins, herbal and other dietary supplements; or with food, caffeine, or alcohol.

A. ANTIHISTAMINES

- Antihistamine treat or relieve symptoms of colds and allergies, such as sneezing,

runny nose, stuffy nose, and itchy eyes. They block the histamine your body releases when a substance (allergen) causes the symptoms of an allergic reaction. Some antihistamines you can buy over the counter and some you can buy only with a prescription from your doctor or other health care professional who can write a prescription. Some antihistamine can cause drowsiness.

Examples: Brompheniramine, Cetirizine, Clemastine, Diphenhydramine

Interactions

Alcohol: avoid alcohol because it can add to any drowsiness caused by these medicines.

THE 4 MAIN SYMPTOMS OF PNEUMONIA INCLUDE

- Cough
- Fever
- Shortness of breath
- Chest pain

One may also experience shivering, chill, lack of energy, weakness, quick breathing, headache, muscle pain and bluish discoloration of lips and nails.

B. DECONGESTANTS

- Decongestants relieve congestion and are often prescribed along with antihistamines for allergies. They can come in nasal spray, eye drop, liquid, or pill form.

Oral decongestants (pills and liquids) relieve nasal and sinus congestion caused by hay fever.

Examples: Pseudoephedrine

Nasal decongestant sprays and drops relieve nasal and sinus congestion.

Examples: Phenylephrine, Oxymetazoline

Decongestant eye drops (or combined decongestant-antihistamine eyedrops) can temporarily ease symptoms such as red, itchy eyes. Available over the counter

Examples: Tetrahydrozoline, Naphazoline

Interactions

Using dextromethorphan together with ethanol can increase nervous system side effects such as dizziness, drowsiness, and difficulty concentrating. Some people may also experience impairment in thinking and judgment. You should avoid and limit the use of alcohol while being treated with dextromethorphan. Do not use more than the recommended dose of dextromethorphan, and avoid activities requiring mental alertness such as driving or operating hazardous machinery until you know how the medication affects you. It is important to tell your doctor about all the other medication you use, including vitamins and herbs. Do not stop using medication without first talking to your doctor.

C. CORTICOSTEROIDS

- Corticosteroids help prevent the release of symptoms-causing chemicals during an allergic reaction. Most corticosteroid medications require a prescription.

Nasal corticosteroid sprays prevent and relieve signs and symptoms of allergies such as allergic rhinitis (hay fever).

Examples: Fluticasone, Mometasone, Budesonide, Triamcinolone

Inhaled corticosteroids are used to relieve symptoms triggered by airborne allergy-triggering substances (allergens).

Examples: Fluticasone, Budesonide, Mometasone

Corticosteroid eyedrops are used to

treat severe eye irritation caused by hay fever and allergic conjunctivitis.

Examples: Dexamethasone, Flurimetholone, Prednisolone

Corticosteroid skin creams relieve allergic skin reactions such as scaling and itching.

Examples: Hydrocortisone, Triamcinolone

Oral corticosteroids (pills and liquids) are used to treat severe symptoms caused by all types of allergic reactions.

Examples: Prednisone, Prednisolone

- When taking corticosteroids like prednisone for greater than a month, you may retain water, gain weight and have an increased appetite. Long-term use may also weaken your bones. A high salt intake can increase water retention and increase loss of calcium in your urine.

Interactions

- Avoid salt and salty foods. If it tastes salty it has too much salt! Limit the amount of processed frozen dinners, packaged entrees, and canned soups. Restrict your intake of salted or smoked meat or fish. Avoid luncheon meats, bratwurst, and bacon.

References:

*<http://www.fda.gov/downloads/Drugs-ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/UCM229033.pdf>

*http://www.uwhealth.org/health-facts/B_EXTRANET_HEALTH_INFORMATION-FlexMember-Show_Public_HFFY_1126651182444.html

*<http://www.mayoclinic.com/health/allergy-medications/AA00037>