



Drug Interactions

Medications and Herbal Supplements

Many people take herbal supplements to stay healthy or to help with a specific disease or condition. It's important to remember that even though they're sold over the counter, many herbal supplements have significant effects on the body and can interact with medications your doctor has prescribed.

These interactions can range from minor to life-threatening. The only way to be sure you aren't taking a supplement that can harm rather than help you is to become an informed patient. Read about the supplements you take and discuss them with your health care provider.

Follow these suggestions to help keep your risk of interactions to a minimum:

- Tell your doctor and pharmacist about all the supplements you take.
- Use only one pharmacy so all of your medications are on file in one place.
- Know the reason you're taking each medication and supplement.



If you have questions about **medications and herbal supplements** please don't wait for symptoms to appear!

Specially trained pharmacists and nurses are available 24/7 to assist you with your emergency and answer your questions!

Oklahoma Center for Poison and Drug Information website:

OklahomaPoison.org

Grapefruit and Medication Interactions

Some types of medication have interactions with grapefruit or grapefruit juice. Examples include:

- Drugs used to treat high blood pressure
- Statin drugs used to lower cholesterol
- Some anti-anxiety and antihistamine medications
- Protease inhibitors used to treat HIV/AIDS
- Immunosuppressant drugs used after transplant surgery

Whether you're taking prescribed medication, supplements, or both ask your doctor or pharmacist for the latest information before eating grapefruit or drinking grapefruit juice.

Additional Online Resources

drugs.com/npc

webmd.com/interaction-checker

If you take these together:

Aloe + digoxin heart medicine
Aloe + steroids or blood pressure meds
Chondroitin + blood-thinners
Coenzyme Q10 + chemo meds
Echinacea + immunosuppressants
Fish oils + blood thinners
Garlic pills + blood-thinners, aspirin
Garlic pills + diabetes medicines
Garlic pills + cyclosporine
Gingko + blood thinners
Gingko + diuretic blood pressure pills
Gingko + anticonvulsants
Ginseng + blood thinners
Glucosamine + diabetes medicines
Glucosamine + cancer meds
Glucosamine + shellfish allergy
Grapefruit Juice + many medications
Iron + tetracycline and fluoroquinolone
Magnesium + tetracycline and fluoroquinolone
Melatonin + antidepressants
St. John's Wort + digoxin
St. John's Wort + psychiatric meds
St. John's Wort + cyclosporine
St. John's Wort + blood thinners
Vitamin A, E + warfarin
Vitamin B₆ + levodopa
Vitamin B₆ + phenytoin and phenobarbital
Vitamin B₁₂ + metformin, antacids
Vitamin D + phenytoin, carbamazepine, barbiturates
Vitamin K + warfarin

This could happen:

Lower potassium
Lower potassium
Risk of bleeding
Altered toxicity of chemo meds
Reduced effectiveness
Risk of bleeding
Risk of bleeding
Very low blood sugar
Organ rejection
Risk of bleeding
Higher blood pressure
Risk of seizures
Risk of bleeding
May raise blood sugar
Decreased effectiveness of cancer med
Allergic reaction
Consult pharmacist for latest information
Decreased antibiotic and iron absorption
Decreased antibiotic absorption
Increased melatonin levels
Digoxin not as effective
Toxic side effects
Organ rejection
Reduced effectiveness
Increased bleeding risk
Reduced effectiveness
Reduced effectiveness
Decreased absorption of vitamin B₁₂
Increased metabolism of vitamin D
Risk of bleeding

**This list does not include all supplement interactions.
Talk to a health care professional for combinations not listed.**

Reference List for interaction information:

1. Terrie, Yvette C., BSPHarm, RPh. "Drug-Supplement Interactions: Patient Awareness Is Key." *Drug-Supplement Interactions: Patient Awareness Is Key*. Pharmacy Times, 08 Oct. 2013. Web. 2015.
2. Bone, Kerry and Mills, Simon (2013). "Potential Herb-drug Interactions for Commonly Used Herbs." In *Principles and Practice of Phytotherapy: Modern Herbal Medicine 2e* (970-96). Edinburgh: Churchill Livingstone/Elsevier.