

Drug – Nutrient Interactions

This table lists common medications that can affect nutrition status. If a WIC participant is taking a medication routinely that isn't on this list, please refer to a more comprehensive medication reference to determine possible side effects.

Medication	Possible Side Effects
Anti-arthritic:	
<i>Naproxen</i>	↑ thirst, mouth inflammation, dry mouth, difficulty swallowing, nausea/vomiting, digestion difficulty, GI pain, constipation, colon inflammation, diarrhea, gas
Anti-ADHD medication:	
<i>Concerta</i>	↓ appetite or unable to eat, ↓ weight, ↓ growth, dry throat, nausea/vomiting, abdominal pain, diarrhea
<i>Methylphenidate</i>	(Same as above)
<i>Ritalin</i>	(Same as above)
Anti-asthma:	
<i>Advair</i>	Dental pain, ↓ salivation, yeast infection, pharyngeal inflammation, throat irritation, nausea/vomiting, stomach ache, diarrhea
<i>Albuterol</i>	↑ appetite, loss of appetite or unable to eat, sore/dry throat, nausea/vomiting, digestion difficulty, diarrhea
<i>Flovent</i>	↓ sense of taste, sore throat, nausea/vomiting
<i>Pulmicort</i>	↑ appetite, ↑ nausea, tongue inflammation, tooth disorder, tongue swelling, digestion difficulty, nausea, intestinal inflammation, hemorrhoids
<i>Salmeterol</i>	Dental pain, ↓ salivation, yeast infection, pharyngeal inflammation, throat irritation, nausea/vomiting, stomach ache, diarrhea
Amphetamine:	
<i>Adderall</i>	↓ appetite or unable to eat, ↓ weight, ↓ growth in children, dry mouth, metallic taste, stomach pain/cramps, nausea, diarrhea, constipation
Antibiotic:	
<i>Amoxicillin</i>	Prebiotics may ↓ GI side effects, nausea/vomiting, diarrhea
<i>Bactrim</i>	↓ appetite or unable to eat, interferes with folic acid metabolism, mouth and tongue inflammation, nausea/vomiting, diarrhea
<i>Cefdinir</i>	Iron, Magnesium or Aluminum ↓ absorption of drug, nausea/vomiting, abdominal pain, diarrhea
<i>Cephalexin</i>	Oral yeast infection, sore mouth/tongue, digestion difficulty, stomach inflammation, diarrhea
<i>Clindamycin (Cleocin)</i>	↓ appetite or unable to eat, ↓ weight, ↑ thirst, metallic taste (with IV), esophageal inflammation, nausea/vomiting, cramps, severe, gas, bloating, diarrhea
Antidepressants:	
<i>Citalopram (Celexa)</i>	↑ weight, ↑ appetite, loss of appetite or unable to eat, ↓ weight, dry mouth, taste changes, ↑ salivation, digestion difficulty, nausea/vomiting, abdominal pain, diarrhea, gas
<i>Duloxetine (Cymbalta)</i>	↓ appetite, ↓ weight, loss of appetite or unable to eat, dry mouth, nausea/vomiting, digestion difficulty, stomach inflammation, constipation, diarrhea
<i>Paxil</i>	↑ appetite, ↑ weight, or ↓ appetite, ↓ weight, dry mouth, taste changes, nausea, digestion difficulty, constipation, diarrhea, gas
<i>Wellbutrin</i>	↓ appetite or unable to eat, ↓ weight, ↑ appetite, ↑ weight, ↓ chocolate craving, dry mouth, mouth inflammation, taste changes, swallowing difficulty, pharyngeal inflammation, nausea/vomiting, abdominal pain, constipation, diarrhea
<i>Zoloft</i>	↓ appetite or unable to eat, ↓ weight, dry mouth, nausea/vomiting, digestion difficulty, diarrhea, constipation, rare-GI bleeding
Anti-epileptic:	

Medication	Possible Side Effects
<i>Carbamazepine</i>	↓ appetite or unable to eat, ↓ biotin, folic acid, vitamin D, calcium, dry mouth, mouth inflammation, tongue inflammation, nausea/vomiting, abdominal pain, constipation, diarrhea
<i>Keppra</i>	↓ appetite or unable to eat
<i>Klonopin</i>	↓ appetite or unable to eat, ↓ weight, ↑ appetite, ↑ weight with alprazolam or chlordiazepoxide, ↑ thirst, dry mouth, ↑ salivation, nausea/vomiting, constipation, diarrhea
<i>Lamictal</i>	↓ appetite or unable to eat, ↓ weight, dry mouth, tooth disorder, nausea/vomiting, digestion difficulty, abdominal pain, diarrhea, constipation
<i>Lamotrigine</i>	(Same as above)
<i>Levetiracetam</i>	↓ appetite or unable to eat
<i>Neurontin</i>	↑ appetite, ↑ weight, ↓ appetite or unable to eat, dental abnormalities, gum inflammation, dry mouth or throat, digestion difficulty, nausea/vomiting, gas, diarrhea, constipation
<i>Phenobarbital</i>	↑ rate of metabolism of vitamin D and vitamin K, possibly Folic Acid, avoid St. John's Wort
<i>Tegretol</i>	↓ appetite or unable to eat, ↓ biotin, folic acid, vitamin D, calcium, dry mouth, mouth inflammation, tongue inflammation, nausea/vomiting, abdominal pain, constipation, diarrhea
Anti-hyperglycemic agent:	
<i>Metformin</i>	↓ appetite or unable to eat, stable weight or ↓ weight, ↓ folic acid and vitamin B12 absorption, metallic taste, digestion difficulty, nausea/vomiting, bloating, diarrhea, gas, constipation with extended release form of medication
Anticoagulant:	
<i>Coumadin</i>	Taste changes, nausea/vomiting, cramps, diarrhea
<i>Heparin</i>	Nausea/vomiting, abdominal pain, GI bleeding, constipation, black tarry stools
<i>Warfarin</i>	Taste changes, nausea/vomiting, cramps, diarrhea
Antihistamine:	
<i>Benadryl</i>	↓ appetite or unable to eat, dry mouth/throat, nausea/vomiting, abdominal pain, constipation, diarrhea
<i>Claritin</i>	↑ appetite, ↑ weight, ↑ thirst, loss of appetite or unable to eat, dry mouth, changes in taste, tooth disorder, mouth and tongue inflammation, abdominal pain, diarrhea
<i>Loratadine</i>	(Same as above)
<i>Promethazine</i>	↑ need for riboflavin, dry mouth, nausea/vomiting, constipation
Antihypertensive:	
<i>Captopri</i>	↓ appetite or unable to eat, ↓ weight, rare –altered sense of taste, metallic or salty taste, dry mouth, nausea/vomiting, abdominal pain, constipation, diarrhea
<i>Clonidine</i>	↑ weight due to swelling, loss of appetite or unable to eat, dry mouth, nausea/vomiting, constipation
<i>Labetalol</i>	Taste changes, nausea/vomiting, difficulty with digestion
<i>Lasix</i>	↓ appetite or unable to eat, ↑ thirst, oral irritation, cramps, nausea/vomiting, diarrhea, constipation
<i>Lisinopril</i>	↓ appetite or unable to eat, ↓ weight, rare –altered sense of taste, dry mouth, nausea/vomiting, abdominal pain, constipation, diarrhea
<i>Tenex</i>	Dry mouth, taste changes, difficulty in swallowing, nausea, constipation
Anti-inflammatory:	
<i>Prednisone</i>	↑ appetite, ↑ weight, negative nitrogen balance due to protein breakdown, calcium wasting, chromium deficiency may ↑ risk for steroid induced diabetes, esophageal inflammation, nausea/vomiting, digestion difficulty, peptic ulcer, bloating, GI bleeding/rupture

Medication	Possible Side Effects
Antipsychotic:	
<i>Seroquel</i>	↑ appetite, ↑ weight, obesity, loss of appetite or unable to eat, dry mouth, digestion difficulty, abdominal pain, constipation
Anti-ulcer, anti-GERD, antisecretory:	
<i>Pepcid</i>	↓ iron and vitamin B12 absorption, ↓ gastric acid secretions, ↓ gastric pH, nausea/vomiting, diarrhea, constipation
<i>Zantac</i>	(Same as above)
Anti-ulcer:	
<i>Nexium</i>	↓ gastric acid secretion, ↑ gastric pH, nausea, abdominal pain, diarrhea
<i>Omeprazole</i>	(Same as above)
<i>Prevacid</i>	(Same as above)
<i>Prilosec</i>	(Same as above)
<i>Rantidine (Zantac)</i>	↓ iron & vitamin B12 absorption, ↓ gastric acid secretions, ↓ gastric pH, nausea/vomiting, diarrhea, constipation
Other:	
<i>Digoxin</i>	Loss of appetite or unable to eat, ↓ weight, calcium and vitamin D induced excess calcium, may ↑ drug effects, nausea/vomiting, diarrhea
<i>Levothyroxin</i>	Appetite changes, ↓ weight
<i>Flexeril</i>	Dry mouth, unpleasant taste, digestion difficulty, nausea, constipation
<i>Glyburide</i>	↑ or ↓ appetite, ↑ weight, difficulty with digestion, nausea, diarrhea, constipation
<i>Cannabis (marijuana)</i>	Dry mouth, nausea/vomiting, heart and blood pressure problems, ↓ immune system, during pregnancy - slow fetal growth, associated with childhood leukemia
<i>Codeine- Hydrocodone</i>	Loss of appetite or unable to eat, delays digestion, dry mouth, nausea/vomiting, constipation
<i>Corticosteroids</i>	Esophageal inflammation, nausea/vomiting, digestion difficulty, peptic ulcer, bloating, GI bleeding/rupture, ↑ appetite, ↑ weight, except loss of appetite or unable to eat with triamcinolone, negative Nitrogen balance due to protein breakdown, calcium wasting with long-term use, Chromium deficiency may ↑ risk for steroid induced diabetes
<i>Insulin</i>	↑ weight, no ↑ weight in Type 1 diabetes with insulin
<i>Methadone</i>	Loss of appetite or unable to eat, dry mouth, nausea/vomiting, cramps, constipation
<i>Nystatin</i>	GI pain, nausea/vomiting, stomach pain, diarrhea, No GI absorption
<i>Oxycodone: Vicoden</i>	Loss of appetite or unable to eat, dry mouth, digestion difficulty, stomach inflammation, nausea/vomiting, diarrhea, constipation
<i>Percocet</i>	(Same as above)
<i>Propranolol</i>	Dry mouth, nausea/vomiting, abdominal pain, diarrhea, constipation, gas
<i>Singulair</i>	Digestion difficulty, diarrhea
<i>Synthroid</i>	Appetite changes, ↓ weight, rare - nausea, diarrhea
<i>Tramadol</i>	Loss of appetite or unable to eat, dry mouth, digestion difficulty, nausea/vomiting, abdominal pain, constipation, diarrhea, gas

3/13/18 Adapted from Washington WIC - Source: Pronsky and Crowe. Food – Medication Interactions, 16th Edition