



Here are some helpful hints if you are on any of the following medications. If your medication is not listed and you have questions, you should consult your physician.

If you are taking Bactrim, Cipro, Pen-vee-K or Tetracycline you should:

- Take on an empty stomach.
- Drink plenty of liquids, such as water.
- Avoid high Vitamin C foods such as orange juice, grapefruit juice, etc.
- Limit your caffeine intake. You may drink decaf: coffee, tea, colas, etc.
- Wait at least 2 hours before taking Cipro if you take an antacid or multivitamin.
- Avoid dairy products such as milk, puddings, ice cream, etc.

With diabetic medicines such as Tolinase, Diabeta, Diabinese, Glucotrol, Metformin, Micronase you should:

- Take on an empty stomach at the same time each day.
- Avoid alcohol.
- Eat meals three to four times a day.

With medications such as Bumex and Lasix you should:

- Take in the morning on an empty stomach.
- Avoid alcohol.
- Eat high-potassium foods such as fruits, vegetables, potatoes, pork, veal, fish, dried peas and beans.
- Do not eat highly salted foods such as lunch meats, hot dogs, crackers, cheese, chips, etc.
- Do not add salt to your food.

If you are taking the medication Isoniazid, you should:

- Take on an empty stomach.
- Avoid foods such as dried pickled fish, liver, processed meats such as bologna, salami, pepperoni, meat tenderizer, sauerkraut, soy sauce, etc.
- Avoid alcohol.
- Brush teeth daily.

What about heart medications such as Digoxin, Procardia, Lopressor, Tenormin?

- You may take on an empty stomach or with food.
- Take at the same time each day.
- Do not take with bran or high fiber foods such as bran cereals, whole grain bread, dried peas, beans, fruits and vegetables.
- Use alcohol with caution.
- Do not eat highly salted foods such as lunchmeats, hot dogs, crackers, cheese, chips, etc.
- Do not add salt to your food.

With a medication such as Dilantin you should:

- Take with food or milk.
- Swallow capsule whole; do not chew.
- Avoid alcohol.
- Brush teeth daily.

What about breathing medications such as Theophylline, Theodur, Uniphyl?

- Take on an empty stomach.
- Swallow pill or capsule whole; do not chew.
- Limit caffeine intake. You may drink decaf: coffee, tea, sodas, etc.
- Limit charcoal-broiled foods.

Here are some helpful hints for you if are not feeling well and experience any of the following:

What if I have a loss of appetite?

- Eat small meals with easy to digest foods.
- Keep nutritional snack food on hand such as cheese, crackers, muffins, nuts and puddings.
- Eat slowly.

What if I feel nauseated or if I am vomiting?

- Eat slowly and chew food well.
- Eat frequent small meals and snacks.
- Drink 8 - 10 cups of liquids a day.
- Try cool foods/liquids without a strong smell such as gingerale, juice, Popsicles or Jell-O.
- Eat meals cold or at room temperature.

What can I do if I have a dry mouth?

- Sip on juices and other liquids.
- Use extra margarine, gravies, sauces or mayo to moisten foods.
- Dunk or soak dry foods in liquids.

What if I have diarrhea?

- Eat small meals.
- Drink 8 - 10 glasses of room temperature liquids a day.
- Eat non-irritating foods such as eggs, chicken, fish, canned vegetables, bananas and applesauce.

Avoid fatty or fried foods, rich sauces, caffeine, alcohol, or chocolate. Avoid carbonated drinks, onions, cabbage, etc.

What should I do if I am constipated?

- Eat high fiber foods such as whole grain cereal, breads, dried peas, beans, fruits and vegetables.
- Drink plenty of liquids such as tea, hot lemon water or prune juice.
- Add bran to foods when cooking or baking.

NOTE:
See your doctor if any of these problems continue.



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100 HOSPITAL ROAD, PRINCE FREDERICK, MD 20678
410-535-4000 301-855-1012 TDD 410-535-5630



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