

My pharmacist and me AVOID PITFALLS...



SOME REMINDERS ABOUT FREQUENT INTERACTIONS (NON-EXHAUSTIVE LIST)

DRUG (requently prescribed)	USE	INTERACTIONS (POSSIBLE)	EFFECTS	TIPS
Lipitor® (atorvastatin) Zocor® (simvastatin)	Cholesterol	Possible interaction with certain antibiotics: erythromycin, clarithromycin (Biaxin®)	Muscle pain and inflammation	ALWAYS TELL the pharmacist what drugs you are taking when you begin a new prescription or go to a new pharmacy.
Synthroid® (levothyroxine)	Thyroid glands	Possible interaction with certain minerals, such as calcium and iron tablets	Reduces the effect of Synthroid®	ALWAYS CONSULT your pharmacist before taking any mineral supplements bought from a pharmacy or health-food store.
Alacec® (ramipril) and other similar drugs (Accupro®; Capoten®; Coverts®; Inhibace®; Lotensin®; Markk®; Monopril®; Prinivil®; Vasotec®; Zestril®)	Heart disease and hypertension	Side effect: may cause a dry cough Interaction with dairy products	Syrups used to treat coughs due to colds and flu are generally ineffective	ALWAYS TALK TO your pharmacist to make sure that you actually have a cold or the flu before taking any over-the-counter cough medicines. Your pharmacist may be able to suggest another drug if your cough is indeed a side effect of the medication.
Pravil® (pravastatin)	Antidepressant	Possible interaction with cough syrups containing DM Possible interaction with natural products containing St. John's wort	Confusion, shivering, nausea, palpitations, etc.	ALWAYS CONSULT your pharmacist before taking a cough syrup or natural product containing St. John's wort.
Adalat® (nifedipin)	Angina, hypertension	Possible interaction with grapefruit and grapefruit juice ¹	Possible increase in the effect of the drug may result in a decrease in blood pressure	CONSULT your pharmacist for information on possible side effects
Cipro® (ciprofloxacin)	Antibiotics	Interaction with antacids, such as Maalox® Interaction with minerals, such as calcium, iron, magnesium, and zinc Interaction with dairy products Interaction with numerous prescription medications, such as antidiabetics, anti-inflammatory drugs, etc.) Interaction with over-the-counter drugs, such as aspirin, vitamin E and minerals Interaction with certain natural products, such as garlic, ginkgo, St. John's wort, etc., and food items, such as green vegetables, green tea and cranberry juice	Significant drop in the absorption and efficacy of Cipro® if taken together	ALWAYS CONSULT your pharmacist before taking any mineral supplements or antacids. Avoid taking them at the same time. Ex.: you may take Cipro® two hours before or six hours after.
Cardinal® (warfarin)	Anticoagulant (blood thinner)		Decreased or increased concentration of the drug in the blood will cause harmful effects ranging from blood clots to hemorrhaging	There are numerous interactions and effects linked to this medication. ASK your pharmacist for further information every time you RENEW your prescription.

¹ Several other drugs may interact with grapefruits. Consult your pharmacist in order to avoid unpleasant surprises.

DO YOU KNOW THAT THERE ARE

6,500 prescription drugs in Quebec,
3,500 drugs sold over the counter,
4,000 vitamins and natural products?

DO YOU KNOW THAT THESE PRODUCTS HAVE

6,000 contraindications and
11,000 possible side effects?

DO YOU KNOW THAT

A simple grapefruit can interact negatively interact
with certain medications?

An over-the-counter cough syrup can cause
palpitations and nausea for someone suffering
from depression?

Echinacea, as natural as it may seem, can interfere
with your blood-thinning medication (Coumadin)?

TALK TO YOUR PHARMACIST

Pharmacists are health-care professionals who have information on every drug available. They are best suited to guide you and ensure that you avoid certain combinations that may have serious implications for your health.

If you are taking any medications, whether regularly or occasionally, make sure you ask your pharmacist for advice before buying over-the-counter or natural products. He or she can help you avoid harmful combinations by suggesting other solutions that will help you regain your health and enhance the effectiveness of your medications.

Because eating a simple grapefruit can negatively interact with your medication, avoid pitfalls... talk to your pharmacist!

Design

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