



## Potentially Dangerous Mixtures

Tips from Florida Poison Information Center

This is a list of only a few medication interactions.

Consult your pharmacist before taking over-the-counter products.

### If you take these: . . . . . this could happen.

- Aloe and Digoxin heart medicine . . . . . Lower potassium
- Aloe and steroids or blood pressure meds. . . . . Lower potassium
- Beta-Carotene and cigarette smoking . . . . . Higher cancer risk
- Beta-Carotene and cigarette smoking . . . . . High heart attack risk
- Capsicum and blood-thinners . . . . . Risk of bleeding
- Cat's Claw and blood pressure meds. . . . . Very low blood pressure
- Cat's Claw and immunosuppressants. . . . . Reduced effectiveness
- Chondroitin and blood-thinners . . . . . Risk of bleeding
- Echinacea and immunosuppressants . . . . . Reduced effectiveness
- Ephedra and Digoxin heart medicine. . . . . Irregular heartbeat
- Ephedra and Diabetes meds. . . . . Higher blood sugar
- Fish oils and blood-thinners . . . . . Risk of bleeding
- Garlic pills and blood-thinners, aspirin . . . . . Risk of bleeding
- Garlic pills and Diabetes medicines. . . . . Very low blood sugar
- Garlic pills and Cyclosporine . . . . . Reduced effectiveness
- Ginkgo Biloba and blood-thinners . . . . . Risk of bleeding
- Ginkgo and diuretic blood pressure pills . . . . . Higher blood pressure
- Ginkgo and anticonvulsants . . . . . Risk of seizures
- Ginseng and blood-thinners . . . . . Risk of bleeding

## If you take these: . . . . . this could happen.

Glucosamine and cancer meds. . . . .	Reduced effectiveness
Glucosamine and shellfish allergy . . . . .	Allergic reaction
Hawthorn and Digoxin heart medicine. . . . .	Irregular heartbeat
Kava-kava, if you have liver problems . . . . .	Severe liver damage
St. John's Wort and Digoxin . . . . .	Reduced effectiveness
St. John's Wort and psychiatric meds . . . . .	Toxic side effects
St. John's Wort and Cyclosporine . . . . .	Reduced effectiveness
St. John's Wort and blood thinners . . . . .	Reduced effectiveness
Valerian and sedatives. . . . .	Increased sedation

**For questions about medications, call your pharmacist or physician. Poison Centers can provide advice about medication problems and are open 24 hours. Call 1-800-222-1222 for more information.**

### **Grapefruit and Medication Interactions**



**These are some of the types of drugs that have interactions with whole grapefruit or grapefruit juice:**

- 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.

*If you are on medications, ask a pharmacist for the latest information before consuming grapefruit or grapefruit juice.*

### **Websites to search for medication interactions:**

- [www.druginteractioncenter.org](http://www.druginteractioncenter.org) (grapefruit interactions)
- <http://www.mskcc.org/aboutherbs>
- [http://my.webmd.com/medical\\_information/drug\\_and\\_herb](http://my.webmd.com/medical_information/drug_and_herb)
- <http://nccam.nih.gov/health/>



### **Reference list for interaction information:**

Thomson Micromedex Alternative Medicine Database: 9/2005 edition | Lexi-Interact: 2004, <http://edis.ifas.ufl.edu/FS088>  
Natural Medicines Comprehensive Database 2003, edited by *Pharmacist's Letter*  
For more information about the Florida Poison Information Center Network go to [www.fpinc.org](http://www.fpinc.org).