



Food – drug Interaction For Corticosteroids (Dexamethasone/Prednisolone)

These medications must be taken with meals. Since Corticosteroids affect sugar, salt, calcium and potassium concentration in blood. observe the following general instructions:

1. Decrease intake of sweets & sugar, pickles, salted crackers, canned foods, & always select low salt products.
2. Maintain adequate intake of food rich in vitamins, potassium, calcium, vitamin D, as in milk, dairy products, fresh vegetables, fruits (orange and banana), meat, fish, legumes, bran bread, and whole cereals.
3. Limit caffeine intake (coffee, tea, chocolate and cola drinks)

General Instructions

For Food Interactions with oral drugs

- Drugs that induce gastrointestinal upset; can be administered with a snack (need not to be a full meal) and with drinking a large volume of water.
- Avoid cola, coffee, citrus fruits (orange, lemon) and other acidic foods and beverages.
- All analgesic, anti-inflammatory drugs (Ibuprofen, diclofenac, naproxen, indomethacin, etc.) and all corticosteroids should be administered with a snack or with milk.
- Administration of a drug on an empty stomach means: the drug should be taken ½ - 1 hour before meals or 2 hours after meals.
- Avoid co-administration of antacids with other drugs, as they should be administered 2 hours before or after administration of other drugs.
- Adverse effects or even toxicity of a drug may occur if the drug is co-administered with grapefruit; so, it is recommended at least 2 hours' separation in administration times (up to 6 hours after administration of sustained release (SR) formulations).
- Natural licorice increase salt and water retention and increase potassium loss, so it should be avoided with diuretics, corticosteroids, antihypertensive drugs and with drugs that can induce hypokalemia.
- Antihypertensive drugs, antiepileptic drugs, antibiotics, oral hypoglycemic drugs should be administered consistently in relation to time and food as its therapeutic efficacy depends on the maintenance of constant blood level.
- Caffeine intake (cacao, chocolate, Cola, coffee, coffee mate and tea) should be limited in those being treated for arrhythmia, angina and hypertension.