



COMMON MEDICATION INTERACTION LIST

Medication and Herbal Interactions

| Herb | Medication | Result |
|-----------------|--|-------------------------------|
| Aloe | Diuretics | Decreases potassium levels |
| Aloe | Steroids, hormones, laxatives | Decreases potassium levels |
| Cayenne | Anticoagulants | Increases blood clotting time |
| Dong quai | Anticoagulants | Increases blood clotting time |
| Ephedra | High blood pressure medications | Increases blood pressure |
| Ephedra | Diabetic medications | Increases blood sugars |
| Garlic | Anticoagulants, aspirin | Increases blood clotting time |
| Garlic | Diabetic medications | Decreases blood sugars |
| Ginko biloba | Anticoagulants | Increases blood clotting time |
| Ginko biloba | Diuretics | Increase blood pressure |
| Ginseng | Digoxin (Lanoxin®) | Increase medication level |
| Ginseng | Anticoagulant | Increase blood clotting time |
| Ginseng | Estrogens | Increase medication level |
| Ginseng | High blood pressure medications | Increase blood pressure |
| Ginseng | Diabetic medications | Decreases blood sugar |
| Glucosamine | Diabetic medications | Alters blood sugar |
| Goldenseal | Sedatives | Increases sedative effect |
| Hawthorn | High blood pressure medications | Decreases blood pressure |
| Hawthorne | Digoxin (Lanoxin®) | Increases medication level |
| Kava-kava | | Liver damage |
| Peppermint | Ulcer medications | Possible acid reflux |
| St. John's Wort | Steroids, antidepressant medications, theophyllin, warfarin, cyclosporine, digoxin, inivrase | Alters medication level |
| Valarian | Antidepressants, ethanol | Increases sedative effect |

Medication-Medication Interactions

| Medication | Medication | Result |
|-------------------|---------------------------------|------------------------------------|
| Antihistamine | Sedative medications | Increase sedative effect |
| Antacids | Antibiotics, digoxin, quinidine | Decreases medication effectiveness |
| Decongestants | High blood pressure medications | Increase blood pressure |
| Diphenhydramine | High blood pressure meds | Increase blood pressure |
| Ethanol | Sedative medications | Increase sedative effects |
| Warfarin | Aspirin, ibuprofen, naproxen | Increase blood clotting time |
| Viagra® | Nitroglycerin, isosorbide | Decrease blood pressure |

Medication-Food Interactions

| Food | Medication | Result |
|------------------------------|--------------------|-----------------------------------|
| Asparagus, spinach, broccoli | Anticoagulants | Decreases blood clotting time |
| Grapefruit | Statin medications | Interferes with medication levels |

- **Always Read the Label of Your Prescription or OTC Medications for Any Interactions**
- **Contact Your Doctor, Pharmacist or Poison Center If You Have Any Questions Regarding Medication Interactions**

