

GRAPEFRUIT & MEDICATION

Grapefruit juice and fresh grapefruit can have many health benefits due to the high concentrations of vitamins and minerals, such as vitamin C and potassium. However, it can also have serious interactions with certain medications (NPS Medicinewise [NPS], 2014).

Understanding Grapefruit juice & Medication Interactions

Cells that line the small intestine and liver have an enzyme called CYP 3A4. This enzyme is responsible for helping process and break down many types of medications. Grapefruit juice blocks CYP 3A4 from working the way that it normally does, so the medications that are typically processed by this enzyme do not get broken down as quickly. Therefore, those medications stay in your body longer and have a much stronger affect (American Family Physician [AFP], 2006).

Common Types of medications that may interact with grapefruit juice include* (NPS, 2014):

- ♦ Antibiotics
 - Erythromycin
- ♦ Antiviral medication
 - Maraviroc
 - Rilpivirine
- ♦ Antidepressant medication
- ♦ Anti-clotting medication
 - Apixaban
 - Cilostazol
- ♦ Anxiety medication
 - Buspirone
- ♦ Asthma and chronic obstructive pulmonary disease (COPD) medication
- ♦ Cancer medication
 - Dasatinib
 - Erlotinib
 - Pazopanib
- ♦ Cholesterol and lipid medications
 - Atorvastatin
- ♦ Cold and cough medication
 - Dextromethorphan
- ♦ Epilepsy medication
- ♦ Erectile dysfunction medication
- ♦ Heart condition medication
- ♦ High blood pressure medication
 - Amiodarone
 - Verapamil
- ♦ HIV/AIDS medication
- ♦ Immune-system modifying medication
 - Cyclosporin
- ♦ Medicines for psychotic conditions
 - Quetiapine
 - Ziprasidone



- ♦ Nausea and vomiting medication
 - Domperidone
- ♦ Opioid pain relievers
 - OxyContin

*Not all drugs that interact with grapefruit juice are listed; always check with your doctor if you are concerned about one of your medications.

Figuring out what medications are affected by eating grapefruit or drinking grapefruit juice can seem daunting, but you can always ask for help. Your doctor and pharmacist can answer any

questions you may have, and can check your medications for grapefruit interactions (Food and Drug Administration [FDA], 2014).

Disclaimer:

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REFERENCES

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