

## drug & nutrient interactions

### Lupus

Drug	Food & Nutrient Interaction	Recommendation
NSAIDs/salicylates (aspirin, ibuprofen, Celebrex®, Voltaren®)	• May decrease appetite	• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	• May interact with natural remedies	• Discuss with your health care provider or registered dietitian if you take any supplements or natural remedies.
	• May cause stomach discomfort	• Limit caffeine intake. Consume with food.
Corticosteroids (Deltasone®, Medrol®, Solu-Medrol®)	• Increases appetite	• Talk with a registered dietitian about strategies to keep your weight in check.
	• Increases blood sugar	• Talk with a registered dietitian about strategies to maintain healthy blood sugar levels. If you have diabetes, talk to your doctor about the right dosage of your diabetes medication.
	• Reduces the absorption of calcium	• Increase food sources of calcium, which include: low-fat dairy, fortified soy beverages, kale, spinach, fortified orange juice, tofu and salmon.
	• Reduces the absorption of vitamin D	• Increase food sources of vitamin D which include: fortified dairy, fortified milk alternatives, salmon and egg yolks.
	• Reduces the absorption of potassium	• Increase food sources of potassium which include: beans, low-fat dairy, winter squash, sweet potato with skin, baked potato with skin, broccoli, cantaloupe and bananas.
	• Reduces the need for sodium	• Too much salt may increase water retention and raise blood pressure. Look for lower sodium food sources.
	• Increases need for protein	• Choose lean protein sources at each meal, such as beans, eggs, fish, poultry, nuts and nut butters, or soy. Limit intake of red and processed meat.

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Hydroxychloroquine (Plaquenil®)	• May decrease appetite	• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	• May cause GI distress	• Take with meals or milk to decrease risk of GI distress. • Eat bland foods like crackers or bread • Avoid fatty or greasy foods • Eat smaller, more frequent meals
Belimumab (Benlysta®)	• May cause GI distress	• Drink cold, clear beverages • Eat bland foods like crackers or bread • Avoid fatty or greasy foods • Eat smaller, more frequent meals
Cyclophosphamide (Cytoxan®)	• May decrease appetite	• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	• May cause painful swelling and sores inside the mouth	• Limit or avoid eating hard and crunchy foods, acidic foods, salty foods or spicy foods.
	• May cause GI distress	• Take with meals in divided doses. • Eat bland foods like crackers or bread • Avoid fatty or greasy foods • Eat smaller, more frequent meals
Mycophenolate mofetil (Cellcept®, Myfortic®)	• May decrease appetite	• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	• May interact with magnesium supplement/antacid	• Take magnesium supplement/antacid at least 2 hours before or after drug.

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Azathioprine (Imuran®)	<ul style="list-style-type: none"> <li>• May decrease appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
	<ul style="list-style-type: none"> <li>• May cause GI distress</li> </ul>	<ul style="list-style-type: none"> <li>• Take medication with meals to decrease GI distress.</li> <li>• Eat bland foods like crackers or bread</li> <li>• Avoid fatty or greasy foods</li> <li>• Eat smaller, more frequent meals</li> </ul>
Methotrexate (Trexall®, Otrexup™, Rasuvo®)	<ul style="list-style-type: none"> <li>• Blocks the absorption of folic acid</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your doctor or pharmacist to create a plan for folate (folic acid) supplementation.</li> </ul>
	<ul style="list-style-type: none"> <li>• May decrease appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
	<ul style="list-style-type: none"> <li>• May cause dehydration</li> </ul>	<ul style="list-style-type: none"> <li>• Aim to make water the primary drink choice. It's recommended to consume half your body weight in ounces. For more specific recommendations talk with a registered dietitian to determine your hydration needs.</li> </ul>
Rituximab (Rituxan®)	<ul style="list-style-type: none"> <li>• May decrease appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.</li> </ul>
	<ul style="list-style-type: none"> <li>• Adequate fluid intake needed due to high uric acid production</li> </ul>	<ul style="list-style-type: none"> <li>• Drink plenty of fluids to increase uric acid excretion.</li> </ul>