

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®)	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • May cause GI distress 	<ul style="list-style-type: none"> • 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®)	<ul style="list-style-type: none"> • May cause GI distress 	<ul style="list-style-type: none"> • Drink cold, clear beverages • Eat bland foods like crackers or bread • Avoid fatty or greasy foods • Eat smaller, more frequent meals
Cyclophosphamide (Cytoxan®)	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • May cause painful swelling and sores inside the mouth 	<ul style="list-style-type: none"> • Limit or avoid eating hard and crunchy foods, acidic foods, salty foods or spicy foods.
	<ul style="list-style-type: none"> • May cause GI distress 	<ul style="list-style-type: none"> • 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®)	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • May interact with magnesium supplement/antacid 	<ul style="list-style-type: none"> • Take magnesium supplement/antacid at least 2 hours before or after drug.

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Azathioprine (Imuran®)	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • May cause GI distress 	<ul style="list-style-type: none"> • Take medication with meals to decrease GI distress. • Eat bland foods like crackers or bread • Avoid fatty or greasy foods • Eat smaller, more frequent meals
Methotrexate (Trexall®, Otrexup™, Rasuvo®)	<ul style="list-style-type: none"> • Blocks the absorption of folic acid 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to create a plan for folate (folic acid) supplementation.
	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • May cause dehydration 	<ul style="list-style-type: none"> • 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.
Rituximab (Rituxan®)	<ul style="list-style-type: none"> • May decrease appetite 	<ul style="list-style-type: none"> • Talk with a registered dietitian if you notice changes in your appetite and for weight management strategies.
	<ul style="list-style-type: none"> • Adequate fluid intake needed due to high uric acid production 	<ul style="list-style-type: none"> • Drink plenty of fluids to increase uric acid excretion.