

PRE- AND POST -PRANDIAL ADVICE

This section provides information on the administration of oral drugs in relation to food intake.

Some drugs should be taken with food to minimise GI discomfort while other drugs should be taken on an empty stomach for optimal absorption.

This Pre- and Post-Prandial Advice lists, in alphabetical order, drugs by generic name with their corresponding food symbols and additional advice. This administration information can also be found in the individual monographs where available.

Definition of food symbols

✓(I) : take with food

x(I) : take on an empty stomach (usually 1 hour before or 2 hours after meals)

±(I) : take with or without food

Generally, all modified-release formulations such as CRIER/MRISR/XLJXR preparations must not be chewed or crushed.

Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol
A							
Abacavir	±(I)	Aliskiren + Hydrochlorothiazide	±(I)	Amlodipine + Perindopril	x(I)	Azatadine	±(I)
Abacavir + Lamivudine	±(I)	Take consistently wI or w/o meals. Avoid taking wI high fat meals.		Take before meals.		May be taken w/ food or milk if stomach upset occurs.	
Abacavir + Lamivudine + Zidovudine	±(I)	Allopurinol	✓(I)	Amlodipine + Telmisartan	±(I)	Azathioprine	±(I)
Zidovudine		Take immediately after meals.		Amlodipine * Valsartan	±(I)	Preferably taken w/ or after meals to reduce GI discomfort.	
Acamprosate	✓(I)	Allopurinol + Benz bromarone	✓(I)	Amlodipine + Valsartan + Hydrochlorothiazide	±(I)	Azithromycin	x(I)
Take at meal times.		Alleystrenol	±(I)	Amobarbital	±(I)	[cap & extended release microspheres]	
Acarbose	✓(I)	May be taken w/ meals if Gluspet occurs.		Amorphous aescin	✓(I)	Take on an empty stomach 1 hr before or 2 hr after meals.	
Take w/ 1st bite of each main meal...		Alminoprofen	✓(I)	Amoxapine	±(I)	Azithromycin [tab & susp]	±(I)
Acetabtol	±(I)	Take w/ or immediately after meals.		Amoxicillin	±(I)	May be taken w/ meals to reduce GI discomfort.	
Acetabtol + Aluminium Hydroxide + Magnesium Carbonate + Magnesium Hydroxide	x(I)	Almotriptan	±(I)	Amoxicillin + Clavulanic acid		Azulene	x(I)
Take 1 hr after meals		Alosetron	±(I)	See Co-amoxiclav			
Aceclofenac	✓(I)	Alpha-lipoic acid	x(I)	Amphetamine	±(I)		
Take w/ or immediately after meals.		Take 30 min before meals.		Ampicillin	±(I)		
Acemetacin	✓(I)	Swallow whole, do not chew/crush.		Take on an empty stomach 1 hr before cr2 hr after meals.			
Take W/ or immediately after meals.		Alprazolam	±(I)	Ampicillin + Flucloxacilllin	x(I)		
Acetazolamide	✓(I)	Side effects eg sleepiness drowsiness may be reduced if taken immediately after meals.		Take ½ - 1 hr before meals.			
Aciclovir	±(I)	Altretamine	✓(I)	Ampicillin + Sulbactam			
May be taken w/ meals to reduce GI discomfort.		Take after meals.		See Sultamicillin			
Acipimox	✓(I)	Aluminium hydroxide, dried gel	±(I)	Amprenavir	±(I)		
Take w/ or after meals.		Amantadine	✓(I)	Do not take w/ high fat meal.			
Acitretin	✓(I)	Ambrisentan	±(I)	Anagrelide	±(I)		
Take w/ main meals or w/ a glass of milk.		Swallow whole, do not split/crush.		Anastrozole	±(I)		
Acrivastine	±(I)	Amroxol	✓(I)	Aprepitant	±(I)		
Adetovir dipivoxil	±(I)	Amiloride	✓(I)	Aripiprazole	±(I)		
Agomelatine	±(I)	Amiloride + Hydrochlorothiazide	✓(I)	Artemether	✓(I)		
Albendazole	✓(I)	Aminocaproic acid	±(I)	Artemether + Lumefantrine	✓(I)		
Alciofenac	✓(I)	May be taken wI meals to prevent GI upset.		Aspirin	✓(I)		
Take w/ or immediately after meals.		Aminoglutethimide	±(I)	Aspirin + Dipyridamole	±(I)		
Alendronate	x(I)	May be taken wI meals it GI discomfort occurs.		Swallow whole, do not chew/crush.			
Take WI a full glass of plain wafer at least ½ hr before the 1st food/drink/medication of the day & remain in sifting/upright position for at least ½ hr. Swallow whole, do not chew/crush.		Aminophylline	x(I)	Astemizole	✓(I)		
Alt acalcidol	✓(I)	Take on an empty stomach at least 1 hr before or 2 hr after meals.		Atazanavir	✓(I)		
Alt uzosin	✓(I)	Amiodarone	±(I)	Atenolol	±(I)		
Swallow whole.		Take consistently w/ or w/o meals. Take WI meals if high dose onto reduce SI discomfort.		Atomoxetine	±(I)		
Alt uzosin [extended-release]	✓(I)	Amisulpride	x(I)	Atorvastatin	±(I)		
Take immediately after the same meal each day. Swallow whole, do not chew/crush.		Preferably taken before meals.		Avoid excessive concomitant (>1 L/day) of grapefruit juice.			
Aliskiren	±(I)	Amitriptyline	±(I)	Atovaquone	✓(I)		
Take consistently w/ or w/o meals. Avoid taking w/ high fat meals.		Amitriptyline + Phenephrine	✓(I)	Atovaquone + Proguanil	✓(I)		
Amlodipine	±(I)	Amlodipine	±(I)	Take w/ meals or a milky drink.			
Amlodipine + Atorvastatin	±(I)	Amlodipine + Benazepril	±(I)	Atropine	±(I)		
Amlodipine + Benazepril	±(I)	Amlodipine + Olmesartan	±(I)	Take w/ food or water.			
Amlodipine + Diphenoxylate	±(I)			Atropine + Diphenoxylate	±(I)		
Attenapulgite, activated				Attenapulgite, activated	±(I)		
Auranofin				Auranofin	✓(I)		
Take after meals or a light snack.				Atzaprapazone	✓(I)		
Azaperazine				Take w/ or immediately after meals.			

Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol
Benserazide + Levodopa x(II) [standard cap & HBS cap]		C		Cefotiam ✓(II)		Chondroitin + Glucosamine ✓(II)	
Best taken at least ½ hr before or 1 hr after meals, whenever possible. GI discomfort which occurs mainly in the early stages of treatment may be controlled by taking w/ food or liqd or by increasing the dose slowly. Swallow whole, do not chew/crush.		Cabergoline ✓(II)		Take just before meals.		Chondroitin + Glucosamine ✓(II)	
Benzbromarone ✓(II)		Caffeine ±(II)		Cefpodoxime ✓(II)		+ Methylsulfonylmethane	
Benzbromarone, combinations		Caffeine + Ergotamine ±(II)		Take after meals.		Take after meals.	
See <i>Allopurinol + Ber,zbromarone</i>		Caffeine + Paracetamol + Propyphenazone	✓(II)	Cefprozil ±(II)			
		Take after meals.		May be taken w/ meals to reduce GI discomfort.			
Benzbromarone	✓(II)	Calcitriol ±(II)		Cetadrine ±(II)		Cilazapril ±(II)	
		May be taken w/ meals to reduce GI discomfort.		May be taken w/ meals to reduce GI discomfort.		Cilostazol	±(II)
Benzhexol	✓(II)	Calcium acetate ✓(II)		Ceftibuten [cap] ±(II)		Take at least ½ hr before or 2 hr after meals.	
Best taken w/ meals. Take before meals if dry mouth occurs, after meals if drooling/nausea occurs. Take at the same time each day.		Calcium aspartate ✓(II)		Ceftibuten [cusp] x(II)			
		Take after meals.		Take 2 hr before or 1 hr after meals.			
Benztropine mesylate ✓(II)		Calcium carbonate ±(II)		Cefuroxime ✓(II)		Clinazirine ✓(II)	
Take w/ food or milk.		Take w/ meals for better absorption. Avoid taking w/ large amt of fibre-rich food.		Celecoxib ±(II)		Cinoxacin ±(II)	
Benzylhydrochlorothiazide ✓(II)		Calcium citrate ±(II)		Dose for OA/RA may be given w/ or w/o meals, but doses for FAP must be given w/ meals.		Take consistently w/ or w/o meals.	
Bepridil	✓(II)	Calcium lactate ✓(II)		Cetiprolol x(II)		Ciprofibrate ±(II)	
Beraprost ✓(II)		Candesartan ±(II)		Take at least ½ hr before or 2 hr after meals.		Ciprofloxacin ±(II)	
Take after meals.		Candesartan + Ihydrochlorothiazide		Cetirizine ±(II)		May be taken w/ meals to minimise GI discomfort.	
Betacarotene ✓(II)		Capecitabine ✓(II)		Cetirizine + Pseudoephedrine [extended-release]		Do not take w/ antacids, Fe or dairy products.	
Betahistine ✓(II)		Take w/in ½ hr after meals.		Swallow whole, do not chew/crush.		Citalopram ±(II)	
Betamethasone ✓(II)		Captopril x(II)		Charcoal activated x(II)		Citicoline ±(II)	
Betaxolol ±(II)		Take on an empty Stomach 1 hr before or 2 hr after meals.		Take on an empty stomach w/ plenty of liqd. Allow to disintegrate in wafer w/ stirring or take whole w/ liqd. Take at least ½ hr before or 2 hr after other medications. Avoid milk, ice cream & cocoa.		Take w/ or between meals.	
Bethanechol x(II)		Captopril + Hydrochlorothiazide		Chenodeoxycholic acid ✓(II)		Clarithromycin [standard release tab & oral susp]	
Take on an empty stomach 1 hr before or 2 hr after meals.		Take on an empty stomach 1 hr before meals.		Chiorambucil x(II)		Clarithromycin [XL & MR tab]	
Bezafotene ✓(II)		Carbamazepine x(II)		Take on an empty stomach.		Swallow whole, do not chew/crush.	
Bicalutamide ±(II)		Avoid grapefruit juice.		Chloramphenicol x(II)		Clebopride x(II)	
Biperiden ✓(II)		Carbenicillin x(II)		Take on an empty stomach 1 hr before or 2 hr after meals.		Take 30 mm before meals.	
Bisacodyl x(II)		Preferably taken on an empty stomach 1 hr before or 2 hr after meals.		Chiodiazepoxide ±(II)		Clemastine ±(II)	
Take on an empty stomach for rapid effect. Do not take w/in 1 hr of antacids, milk or other dairy products.		Carbidopa + L-dopa		Chiodiazepoxide + Clidinium Bromide		May be taken w/ meals to reduce GI discomfort.	
Bisoprolol ±(II)		Keep a consistent diet. A change in diet to foods high in protein may delay l-dopa absorption & reduce amt taken up in circulation.		Take ½ 1 hr before meals.		Clindamycin [cap] ±(II)	
Bisoprolol + Hydrochlorothiazide ±(II)		Excessive acidity also delays stomach emptying & thus delays l-dopa absorption. Fe salts (eg in multivit prep) may also reduce amt of l-dopa available to the body.		Chloridiazepoxide + Metamizole + Thiamine		Swallow whole w/ a full glass of wafer & in an upright position	
Swallow whole, do not chew/crush.		Swallow whole.		Take after meals.		Clindamycin [granules] ✓(II)	
Black cohosh extract ±(II)		Carbidopa + Levodopa x(II)		Chloroquine ✓(II)		Clobazam ±(II)	
Swallow whole, do not chew/suck.		Take on an empty stomach if possible. If GI distress occurs, take w/ food.		Chlorothiazide ✓(II)		Clodronic acid	x(II)
Bosentan ±(II)		Carbamazole ±(II)		Chlorpheniramine ±(II)		Take on an empty stomach w/ a glass of plain water at least 1 hr before or after food. Remain in an upright position for at least ½ hr. Do not take w/ milk, food or products containing Ca or other polyvalent cations. Tab may be divided only along the score-line. Swallow cap/tablet whole or divided halves of tab, do not chew/crush.	
Bromazepam ±(II)		Take consistently w/ or w/o meals.		Chlorpheniramine + Phenylephrine + Phenylpropanolamine		Clotazimine ✓(II)	
Bromhexine ✓(II)		Carbinosamine ✓(II)		Chlorpromazine ±(II)		Clot ibrate ±(II)	
Bromocriptine ✓(II)		Carbociateine ✓(II)		May be taken w/ meals to reduce GI discomfort.		May be taken w/ meals to reduce GI discomfort.	
Brompheniramine ±(II)		Carisoprodol ±(II)		Chlorpropamide ✓(II)		Clomiphene ±(II)	
May be taken w/ food or milk to reduce GI discomfort.		Carteolol ✓(II)		Chlorprothiene x(II)		Clomipramine ✓(II)	
Buclizine ✓(II)		Carveditol ✓(II)		Take w/ meals or milk if GI upset occurs.		Clonazepam ±(II)	
Take w/in ½ hr before meals.		Cefator ±(II)		Chlortalidone ✓(II)		Clonidine ±(II)	
Budesonide ✓(II)		Cefadroxil ±(II)		Take during meals.		Clopamide + Pindolol ✓(II)	
Swallow whole, do not chew/crush. Avoid grapefruit juice.		May be taken w/ meals to reduce GI discomfort.		Chloroxazone ✓(II)		Cloperastine ±(II)	
Buformin ✓(II)		Celalexin ±(II)		Chloroxazone + Paracetamol		Clopidogrel ±(II)	
Bumetanide ±(II)		May be taken w/ meals to reduce GI discomfort.		Cholecalciferol ±(II)		Clorazepate ±(II)	
May be taken w/ meals to reduce GI discomfort.		Cetdinir ±(II)		Cholera vaccine, oral x(II)		Cloxacillin x(II)	
Bunazosin ✓(II)		Cefditoren ✓(II)		Take on an empty stomach. Avoid food & drink 1 hr before & 1 hr after vaccination.		Take on an empty stomach 1 hr before or 2 hr after meals.	
Buprenorphine + Naloxone ±(II)		Cefixime ±(II)		Chotestystamine ±(II)		Ctozapine ±(II)	
Place under the tongue & allow to dissolve completely.		May be taken w/ meals to reduce GI discomfort.		Do not take in the dry form. Mix w/ 150 mL of water or fruit juice, stir ba uniform consistency before taking.		Co-amoxiclav (amoxicillin + clavulanic acid)	
Bupropion ±(II)		Cetdinir ±(II)				May be given w/o regard to meals. Best taken at the start of meals for better absorption & to reduce GI discomfort.	
Buspiron ±(II)		Cefditoren ✓(II)					
Take consistently either always w/ or always w/o meats.		Cefixime ±(II)					
Busulfan ±(II)		May be taken wl food or milk to reduce GI discomfort.					
Take w/ chilled liqd, ensure adequate fluid intake.							

Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol
Co-amoxiclav (amoxicillin & clavulanic acid) [Extended-release] Must be taken at the start of meals.	✓(II)	Delavirdine	✗(II)	Diphenoxylate, combinations See Atropine + Diphenoxylate		Emtricitabine	✗(II)
Co-dergocrine mesylate Take just before meals.	✓(II)	Take consistently W/ or w/o meats.		Diprophylline	✗(II)	Emtricitabine + Tenofovir	✗(II)
Co-trimoxazole	✓(II)	Demeclocycline	✗(II)	Take 1 hr before or 1 hr after meals.		Take consistently either always w/ or always w/o food	
Codeine	✗(II)	Take w/ a full glass of water on an empty stomach at least 1 hr before or 2 hr after meals.		Dipyridamole	✗(II)	Enalapril	✗(II)
Codeine + Doxylamine + Paracetamol	✗(II)	Desipramine	✗(II)	Take on an empty stomach 1 hr before meals. May be taken w/ meals to reduce GI discomfort.		Enalapril + Hydrochlorothiazide	✗(II)
Codeine + Phenyltoloxamine	✓(II)	Desloratadine	✗(II)	Dipyridamole, combinations See Aspirin + Dipyridamole		Enoxacin	✗(II)
Colchicine	✓(II)	Desmopressin	✗(II)	Distigmine bromide	✗(II)	Take 1 hr before or 2 hr after meals w/ full glass of water. Ensure adequate fluid intake daily. Avoid caffeine.	
Coleselvelam	✓(II)	Desvenlafaxine [extended-release]	✗(II)	Take 1/2 hr before breakfast.		Entacapone	✗(II)
Cortisone	✓(II)	Take at the same time each day. Swallow whole, do not divide/crush/chew/dissolve tab.		Disulfiram	✗(II)	Entacapone, combinations See Carbidiopa + Entacapone + Levodopa	
Cyanocobalamin	✗(II)	Dexamethasone	✓(II)	Divalproex	✓(II)	Entecavir	✗(II)
Take between meals.		Desxampetamine	✗(II)	Dotilidile	✗(II)	Take on an empty stomach at least 2 hr after a meal & 2 hr before the next meal.	
Cyclindrol	✗(II)	Dexchlorpheniramine	✗(II)	Domperidone	✗(II)	Eperisone	✓(II)
Cyclophosphamide	✗(II)	Dekketoprofen	✗(II)	Take 15-30 min before meals.		Take after meals.	
Preferably taken on an empty stomach, but may be taken w/ meals to minimise GI irritation. Ensure adequate fluid intake. Swallow whole.		Take 30 mm before meals, esp for quick relief of acute pain.		Donepezil	✗(II)	Ephedrine	✗(II)
Cycloserine	✗(II)	Dextromethorphan	✗(II)	Dothiepin	✗(II)	Eplerenone	✗(II)
May be taken after meals if GI discomfort occurs.		Dextromoramide	✗(II)	Doxazosin	✗(II)	Eprosartan	✗(II)
Cyclosporin	✗(II)	Dextropropoxyphene	✗(II)	Doxepin	✗(II)	Eprosartan + Hydrochlorothiazide	✗(II)
Take consistently w/ regard to time of day & relation to meals. Avoid grapefruit juice.		Dextropropoxyphene + Paracetamol	✗(II)	Doxycycline	✗(II)	Ergotamine	✗(II)
Cyproheptadine	✗(II)	Diaceirein	✓(II)	Take w/ a full glass of water & remain upright for at least 1/2 hr. Take w/ food or milk if GI irritation occurs.		Ergotamine, combinations See Caffeine + Ergotamine	
May be taken w/ meals to reduce GI discomfort.		Diazepam	✗(II)	Doxylamine	✓(II)	Erlotinib	✗(II)
Cyproterone	✓(II)	Diazepam + Metamizole	✓(II)	Take w/ food or milk.		Take on an empty stomach at least 1 hr before cr2 hr after meals.	
Take after meals.		Take after meals.		Doxylamine, combinations See Codeine, Doxylamine + Paracetamol		Erythromycin + Sulfisoxazole	✗(II)
Cysteamine	✗(II)	Diclofenac	✓(II)	Dronabinol	✗(II)	May be taken w/ meals to reduce GI discomfort.	
		Take immediately after meals.		Dropendaronate	✗(II)	Erythromycin base	✗(II)
D		Diclofenac + Misoprostol	✓(II)	Avoid grapefruit juice.		Beat taken on an empty stomach at least 1/2 hr & preferably 2 hr before meals.	
Dabigatran etexilate	✗(II)	Swallow whole, do not chew/crush.		Dropsiprenore	✗(II)	Erythromycin estolate	✗(II)
Danazel	✗(II)	Dicloxacillin	✗(II)	Take before meals.		Best taken on an empty stomach 1 hr before or 2 hr after meals. May be taken w/ meals to reduce GI discomfort.	
Take consistently either always w/ or always w/o meals.		Take on an empty stomach at least 1 hr before or 2 hr after meals.		Drotaverine	✗(II)	Erythromycin + ethylsuccinate	✗(II)
Dantrolene	✗(II)	Dicycloverine	✗(II)	Duloxetine	✗(II)	Erythromycinifl steareate	✗(II)
Dapoxetine	✗(II)	May be taken before or after meals.		Swallow whole, do not chew/crush.		Best taken on an empty stomach 1 hr before or 2 hr after meals. Maybe taken w/ meals to reduce GI discomfort.	
Swallow tab whole & take w/ a full glass of water.		Didanosine	✗(II)	Dutasteride	✗(II)	Erythromycinifl stearate	✗(II)
Dapsone	✓(II)	Take on an err,ty stomach 1/2 hr before or 2 hr after meals.		Dutasteride + Tamsulosin	✗(II)	Best taken on an empty stomach 1 hr before or 2 hr after meals. Maybe taken w/ meals to reduce GI discomfort.	
Darifenacin	✗(II)	Dienogest	✗(II)	Take approx 30 min after meals. Swallow whole, do not crush/chew/open.		Eritromycin	✗(II)
Swallow whole, do not chew/crush/divide.		Dienogest + Estradiol	✗(II)	Dydrogesterone	✗(II)	Eritromycin	✗(II)
Darunavir	✓(II)	Diethylpropion	✗(II)			Eritromycin	✗(II)
Dasatinib	✗(II)	Take on an empty stomach 1 hr before meals.		E		Eritromycin	✗(II)
Swallow whole, do not break/crush/cut.		Difenidol	✓(II)	Ebastine	✗(II)	Eritromycin	✗(II)
Deferasirox	✗(II)	Take w/ food/water/milk to minimise GI irritation.		Echinacea	✓(II)	Eritromycin	✗(II)
Take on an empty stomach at least 30 min before meals preferably at the same time daily. Disperse tab completely by stirring in 100-200 mL of water/apple juice/orange juice until a fine susp is obtained; consume entire content. Rinse the glass w/ a little water/juice to reaupend any residue & dmnk remainder. Do not disperse tab in fizzy drinks/milk. Do not chew/break/crush tab or swallow whole. Do not take w/ Al-containing antacids.		Diflunisal	✓(II)	Efavirenz	✗(II)	Eritromycin	✗(II)
Deferiprone	✗(II)	Digexin	✗(II)	Take on an empty stomach, preferably at bedtime.		Eritromycin	✗(II)
[normal release prep]		Dihydrocodeine	✓(II)	Efavirenz + Emtricitabine + Tenotovir	✗(II)	Eritromycin	✗(II)
Admin instructions for modified release prep may vary according to brands; refer to lit.		Take w/ or after meals.		Take on an empty stomach. Dosing at bedtime may improve tolerability of nervous system symptoms.		Eritromycin	✗(II)
Dihydroergotamine	✗(II)	Dihydroergotamine	✗(II)	Eletriptan hydrobromide	✗(II)	Eritromycin	✗(II)
Dill off, combinations See Terpenes Dill Seed Oil + Sodium Bicarbonate		Diltiazem	✗(II)	Eltrombopag olamine	✗(II)	Eritromycin	✗(II)
		[normal release prep]		Take at least 4 hr before or after antacids, dairy products or other Ca-containing food products or mineral supplements containing polyvalent cations.		Eritromycin	✗(II)
Dimehydrinate	✗(II)					Eritromycin	✗(II)
Diphenhydramine	✗(II)					Eritromycin	✗(II)
Diphenoxylate	✗(II)					Eritromycin	✗(II)

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Mecobalamin	±(II)	Methylsulfonylmethane, combinations See Chondroitin + Glucosamine + Methylsulfonylmethane		N		Nicotinic acid, combinations See Lovastatin + Nicotinic Acid	
Medroxyprogesterone	±(II)	Methysergide	✓(II)	Nabumetone	±(II)	Nifedipine [immediate-release] Avoid grapefruit juice.	±(II)
Incidence of minor indigestion may increase as dose increases. Take w/ meals if necessary.		Metoclopramide	x(II)	Nadolol, combinations See Bendroflumethiazide + Nadolol	±(II)	Nifedipine [retard, GITS & OROS] Avoid grapefruit juice. Swallow whole, do not chew/crush.	±(II)
Metenamic acid	✓(II)	Metolazone	✓(II)	Natcillin	x(II)	Niflumic acid	✓(II)
Mefloquine	✓(II)	Take after breakfast		Naftidrofuryl	✓(II)	Take w/ or immediately after meals.	
Best taken w/ meals & a full glass of wafer.		Metoprolol	±(II)	Nalidixic acid	✓(II)	Nilotinib	x(II)
Megestrol [Megace ES]	±(II)	Metoprolol, combinations See Felodipine + Metoprolol, Hydrochlorothiazide + Metoprolol		Naloxone, combinations See Buprenorphine + Naloxone		Avoid food at least 2 hr before 8 at least 1 hr after a dose. Swallow whole, do not chew/ crush. Avoid grapefruit products.	
Megestrol [standard formulation]	✓(II)	Metronidazole [susp]	x(II)	Natraxone	±(II)	Nilutamide	±(II)
Metoxicam	±(II)	Take at least 1 hr before meals.		Naproxen	✓(II)	Nimesulide	✓(II)
May be taken w/ meals if GI discomfort occurs.		Metronidazole [tab]	✓(II)	Naproxen, combinations See Esomeprazole + Naproxen		Take after meals.	
Mephalan	x(II)	Metronidazole + Spiramycin	✓(II)	Naratriptan	±(II)	Nimodipine [cap]	x(II)
Take on an empty stomach 1 hr before or 2 hr after meals.		Take during meals.		Nateglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after meals.	
Memantine	±(II)	Metryrapone	✓(II)	Nateglinide	✓(II)	Nimodipine [tab]	±(II)
Menatetrenone	✓(II)	Take W/ milk or yoghurt or after a meal.		Nefazodone	±(II)	Take consistently, either always w/ or always w/o meals.	
Take after meats.		Mexiletine	✓(II)	Nefopam	±(II)	Nitazoxanide	✓(II)
Mepratricin	✓(II)	Mianiserin	±(II)	May be taken w/ meals if GI discomfort occurs.		Nitrazepam	±(II)
Menopenzotame bromide	✓(II)	Midazolam	±(II)	Nelfinavir	✓(II)	Nitrendipine	✓(II)
Mercaptopurine	x(II)	Midecamycin	±(II)	Miglitol	✓(II)	Nitrofurantoin	✓(II)
Best taken on an empty stomach 1 hr before or 2 hr after meals. Ensure adequate fluid intake.		Mifepristone	±(II)	Take w/ 1st bite of each main meal.		Take w/ or immediately after meals.	
Mesna	±(II)	Mixeketamine	✓(II)	Miglustat	±(II)	Nitroxoline	✓(II)
Mesterotone	±(II)	Milacipran	✓(II)	Minocycline	±(II)	Take after meals.	
Mestranon	±(II)	Preferably taken during meals.		Minocycline [pellet-filled cap]	x(II)	Nizatidine	±(II)
Metamizote	✓(II)	Take w/ a full glass of water on an empty stomach at least 1 hr before or 2 hr after meals.		Take w/ a full glass of water on an empty stomach to reduce GI discomfort.		Norethisterone	±(II)
Take after meats.		Minoxidil	±(II)	Misoprostol	✓(II)	Norethisterofe + Estradiol	✓(II)
Metamizote sodium, combinations See Chloralazeponide + Metamizole + Thiamine, Diazepam + Metamizole		Minocycline	±(II)	Misoprostol, combinations See Diclofertac + Misoprostol		Norfloxacin	x(II)
Metformin	✓(II)	May be taken w/ meals to reduce GI discomfort.		Mitiglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Metformin + Pioglitazone	✓(II)	Minocycline [pellet-filled cap]	x(II)	Mitiglinide	✓(II)	Norfloxacin	x(II)
Metformin + Rosiglitazone	✓(II)	Take w/ a full glass of water on an empty stomach at least 1 hr before or 2 hr after meals.		Mitiglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Metformin + Sitagliptin	✓(II)	Minoxidil	±(II)	Mitiglinide	✓(II)	Norfloxacin	x(II)
Metformin + Vildagliptin	✓(II)	Mirtazapine	±(II)	Mitiglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Take w/ or immediately after meals to reduce GI discomfort.		Misoprostol	✓(II)	Mitiglinide	✓(II)	Norfloxacin	x(II)
Metformin, combinations See Glibenclamide + Metformin, Glipizide + Metformin		Misoprostol, combinations See Diclofertac + Misoprostol		Mitiglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Methadone	±(II)	Mitiglinide	✓(II)	Mitiglinide	✓(II)	Norfloxacin	x(II)
Methdilazine	±(II)	Take immediately before meals.		Mitiglinide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Methenotone	±(II)	Mitotane	✓(II)	Mitiglinide	✓(II)	Norfloxacin	x(II)
Methimazole	✓(II)	Preferably taken during meals.		Mitotane	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Methocarbamol	±(II)	Moclobemide	✓(II)	Mitotane	✓(II)	Norfloxacin	x(II)
May be taken w/ meals to reduce GI discomfort.		Take immediately after meals.		Moclobemide	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Methotrexate	x(II)	Modafinil	±(II)	Moclobemide	✓(II)	Norfloxacin	x(II)
Best taken on an empty stomach. May be taken w/ meals to reduce GI discomfort. Avoid taking w/ milk-rich products.		Moexipril	x(II)	Modafinil	±(II)	Take on an empty stomach 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Methossalen	✓(II)	Take on an empty stomach 1 hr before or 2 hr after a meal.		Moexipril	x(II)	Norfloxacin	x(II)
Methylldopa	±(II)	Moexipril, combinations See Hydrochlorothiazide + Moexipril		Take on an empty stomach 1 hr before or 2 hr after a meal.		Ofoxacin	±(II)
Methyphenidate [Concerta]	±(II)	See Hydrochlorothiazide + Moexipril		Moexipril	x(II)	Avoid antacids or supplements containing Fe or Zn who 2 hr before or after oflosacin. Ensure adequate hydration.	
Swallow Whole, do not divide/chew/crush.		Montelukast	±(II)	Moexipril	x(II)	Olanzapine	±(II)
Methyphenidate (Ritalin)	x(II)	Morphine	±(II)	Chew gum until the taste becomes strong, then rest it between the gums & cheek. When the taste fades, start chewing it again. Repeat the chewing routine for 30 min.		Olmesartan	±(II)
Take 30-45 min before meals.		May be taken w/ meals to reduce GI discomfort.		Montelukast	±(II)	Olmesartan medoxomil, combinations See Amlodipine + Olmesartan, Hydrochlorothiazide + Omesartan Medoxomil	
Methylphenobarbitone	±(II)	Moxifloxacin	±(II)	Morphine	±(II)	Olsalazine	✓(II)
Methylprednisolone	✓(II)	Moxonidine	±(II)	May be taken w/ meals to reduce GI discomfort.		Omega-3 fish oil	✓(II)
		Mycophenolate	x(II)	Moxyphen	✓(II)	Omeprazole [cap]	✓(II)
		Take on an empty stomach. In stable renal transplant patients, may be administered w/ meals if necessary.		Take on an empty stomach at least 1 hr before a meal.		Omeprazole [MUPS tab]	±(II)
				Take on an empty stomach at least 1 hr before a meal.		Omeprazole [powd for oral susp]	x(II)
				Take at bedtime after a low-fat snack.		Ondansetron	±(II)

Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol	Generic	Food Symbol
Orciprenaline	±(I)	Paraffin, liquid	x(I)	Phenylpropanolamine, combinations See Chlorthenamine + Phenylephrine # Phenylpropanolamine		Pramlintide	✓(II)
Orlistat	✓(I)	Take on an empty stomach.		Phenytoloxamine, combinations See Codeine + Phenyltoloxamine		Administer at mealtimes. Do not administer if meal has <250 calories or <30 g carbohydrates. Do not administer if you skip a meal. Do not mix w/ insulin.	
Take immediately before or during or up to 1 hr after each main meal. It a meal is missed or contains no fat, the dose may be omitted.		Paricalcitol	±(I)	Phenytoin	✓(II)	Prasugrel	±(I)
Orphenadrine	±(I)	Paramomycin	✓(I)	When administering to patients on nasogastric or other enteral feeds, do not administer feeds 2 hr before or after a dose. Be Consistent throughout therapy in relation to feed times. Do not switch dosage forms/brands w/o prior consideration.		Pravastatin	±(I)
May be taken w/ meals it GI upset occurs.		Take during meals.		Pholcodine	±(I)	Prazepam	±(I)
Oseltamivir	±(I)	Paroxetine	±(I)	Phosphate	✓(II)	Praziquantel	✓(II)
May be taken w/ meals to reduce GI discomfort. Cap may be opened & mixed w/ sweetened food products eg chocolate哎, sweetened condensed milk, apple sauce or yogurt. Swallow mixture immediately after preparation.		May be taken w/ meals to minimise GI upset.		Phosphatidyl Choline + Essential Phospholipids	✓(II)	Swallow whole, do not chew/crush.	
Otilonium bromide	x(I)	Pazopanib	x(I)	Phytomenadione	±(I)	Prazosin	±(II)
Take before meals.		Take at least 1 hr before or 2 hr after meals. Swallow whole, do not chew/crush. Do not eat/drink grapefruit products.		Pilocarpine	±(I)	Starting dose is best taken w/ dinner, at least 2-3 hr before retiring. Maintenance doses may be taken w/ or w/o meals.	
Oxatomide	✓(I)	Penbutolol	±(I)	Pimozide	±(I)	Prednisolone	✓(II)
Take after meals.		Penicillamine	x(I)	Pinaverium bromide	✓(II)	Prednisone	✓(II)
Oxazepam	±(I)	Take on an empty stomach 1 hr before or 2 hr after meals, & at least 1 hr apart from any other drug, food, milk, antacid, Zn- or Fe-containing prep.		Take w/ sdequate fluid during meals. Swallow whole, do not chew/crush/tuck.		Pregabalin	±(II)
Oxcarbazepine	±(I)	Penicillin G	x(I)	Pinazepam	±(I)	Primaquine	✓(II)
Oxolamine	✓(I)	Take w/ a full glass of water on an empty stomach 1 hr before or 2 hr after meals. Do not take acidic beverages w/in 1 hr of a dose.		Pindolol	±(I)	Take w/ meals to avoid GI discomfort.	
Take after meals.		Penicillin V	x(I)	Pindolol, combinations See Clozapamide + Pindolol		Primidone	±(II)
Oxprenolol	±(I)	Take on an empty stomach 1 hr before or 2 hr after meals.		Plogitazone	★(I)	Take w/ food or milk to avoid stomach upset.	
Oxybutynin	±(I)	Pentaerithritol tetranitrate	x(I)	Plogitazone, combinations See Ghimepride + Plogitazone, Metl'ormin + Pio9litzazole		Probencid	✓(II)
Oxycodone [prolonged-release]	±(I)	Pentazocine	✓(II)	Piperazine	±(I)	Take w/ meals or antacids. Ensure adequate fluid intake.	
160 mg tab must be taken on an empty stomach. Donor take w/ high fat meals. All strengths. Swallow whole, do not broaWchew/crush. Taking broken, chewed or crushed tab leads to rapid release & absorption of a potentially fatal dose of oxycodone.		Pentosan polysulfate sodium	x(I)	Pipradrol	±(I)	Probuloc	✓(II)
Oxyphenbutazone	✓(I)	Take at least 1 hr before or 2 hr after meals.		Piracetam [soln]	±(I)	Procainamide	x(I)
Take w/ or immediately after meals.		Pentoxyverine	✓(II)	Take w/ a glass of water or soft drink after taking the undiluted som to mask bitter taste.		Best taken on an empty stomach 1 hr before or 2 hr after meals. May also be taken w/ food or milk to avoid stomach upset.	
Oxytetracycline	x(I)	Pergolide	±(I)	Pirenzepine	x(I)	Procatroterol	±(I)
Take on an empty stomach 1 hr before or 2 hr after meals.		May be taken w/ meals to reduce GI discomfort.		Take after meals. Tab may be crushed & mixed w/ milk, honey or jam just before swallowing.		Prochlorperazine	±(I)
Oxytetracycline + Phenazopyridine + Sulfamethizote	x(I)	Perhexiline	±(I)	Prilidell	✓(II)	Progesterone	✓(II)
Take on an empty stomach 1 hr before or 2 hr after meals.		Perindopril	x(I)	Take at the end of a main meal.		Proguanil	✓(II)
P		Take before meals.		Piroxicam	✓(II)	Take after meals. Swallow whole, do not chew/crush.	
Paliperidone	±(I)	Perindopril, combinations See Amlodipine + Perindopril, indapamide + Prindopril		Pitavastatin	±(I)	Propantheline	x(I)
Take consistently either always w/ or always w/o food. Swallow whole, do not disndle/chew/crush		Perphenazfne	✓(II)	Zitofen	±(I)	Take 1/2 hr before meals.	
Pancreatin + Proctase	✓(I)	Perphenazine, combinations See Aminotriptyline + Perphenazine		Pollcosanol	✓(I)	Promethazine	±(II)
Take after meals.		Phenazopyridine	✓(II)	Pollomyelitis vaccine, oral	±(I)	Propafenone	✓(II)
Pantoprazole	x(I)	Take after meals.		Administer directly or mix w/ syrsp, milk, bread or a sugar lump.		Take after meals. Swallow whole, do not chew/crush.	
[controlled-release]		Phenazopyridine, combinations See Oxytetracycline + Phenazopyridine + Sulfamethizole		Posaconazole	✓(II)	Propoxyphene	✓(II)
Take 1 hr before meals. Swallow whole, do not chew/crush.		Pheniramine	✓(II)	Take w/ a full meal or w/ a liqd nutritional supplement in patients who cannot eat a fall meal.		Propantheline [tab]	x(I)
Pantoprazole [normal release]	±(I)	Phenobarbital	±(I)	Potassium	✓(II)	Take before or after meals.	
Papaverine	±(I)	Phenoxymethylpenicillin	x(I)	Potassium aminobenzoate	✓(II)	Propoxyphene, combinations See Caffeine + Paracetamol + Propoxyphene	
Take w/ food, milk or antacids if GI upset occurs.		Take on an empty stomach 1 hr before or 2 hr after meals.		Take after meals.		Pseudoeophedrine	±(I)
Paracetamol	±(I)	Phenylbutazone	✓(I)	Potassium chloride	✓(II)	Pseudoeophedrine, combinations See Cetirizine + Pseudoeophedrine, loratadine + pseudoeophedrine	
Paracetamol + Tramadol	±(I)	Take w/ or immediately after meals.		Potassium citrate	✓(II)	Psyllium dried seed	x(I)
Swallow whole, do not divide/chew/crush.		Phenylephrine	✓(II)	Dilute well w/ water before taking.		hemicellulose	
Paracetamol, combinations See Caffeine + Paracetamol + Propoxyphene, Chlorzoxazone + Pare cetamol, Codeine + Doxyl amine + Paracetamol, Dextropropoxyphene + Paracetamol		Phenylephrine, combinations See Chtoperinemine + Phenylephrine+ Phenylpropertolamine		Take before meals w/ a full glass of water.		Pyrantel pamoate	★(I)

Generic Food Symbol**Pyrazinamide, combinations**

See Isoniazid +

Pyrazinamide + Rifaximin**Pyridostigmine****Pyridoxine**

Preferably taken w/ meals.

Pyridoxine, combinations

See Iron + Vitamin B

Complex, Thiamine (Vit B1)

+ Pyridoxine (Vit B6) +

Vit B12, vitamin B Complex

Pyrimethamine**Pyrimethamine +****Sulfadoxine**

Take w/ plenty of fluids.

Swallow whole, do not

chew/crush.

Pyritinol

Take w/ a large glass of

water. Swallow whole, do not

chew/ crush.

Q**Quercus****stenophylla extr****Quetiapine****Quetiapine**

[extended-release]

Take w/o food or w/ a light

meal. Swallow whole, do not

chew/crush.

Quinagolide

Take w/ some food at

bedtime.

Quinapril

Take before meals at about

the same time of day.

Quinapril, combinations

See Hydrochlorothiazide +

Quinapril**Quinidine**

Best taken at meal times.

Quinine

Take w/ food to minimise

GI discomfort.

R**Rabeprazole**

[delayed-release]

Racecadotril**Racemethionine****Raloxifene****Raltegravir****Ramettheon**

Take w/in 30 mm of bedtime.

Do not take w/ or immediately

after a high fat meal.

Ramipril**Ramipretin****Ranitidine****Ranitidine**

bismuth citrate

Swallow whole, do not

chew/crush.

Ranolazine**Rasagiline**

Avoid tyramine-rich foods,

beverages or dietary

supplements & amines (from

cough/cold prep).

Rebamipide**Reboxetine****Red yeast rice extr**

Take after meals.

Generic Food Symbol**Repaglinide**Usually taken w/in 15 mm of
the meal but time may vary
from immediately before to
30 mm before the meal.**Reserpine****Reserpine, combinations**See Hydralazine + Hydra-
chlorothiazide + Reserpine,
Hydroflumethiazide +
Reserpine**Ribavirin [cap]**Take consistently w/ respect to
meals, either always w/ or
always w/o meals.**Ribavirin [tab]****Riboflavin (Vit B2)****Riboflavin, combinations**See Iron + Vitamin B
Complex, vitamin B Complex**Rifampicin**Best taken on an empty
stomach 1 hr before or 2 hr
after meals.**Rifampicin, combinations**See Isoniazid +
Pyrazinamide + Rifampicin,
Isoniazid + Rifampicin**Rilmenidine**

Take before meals.

RiluzoleTake on an empty stomach
at least 1 hr before or 2 hr
after meals.**Rimonabant**

Take before breakfast.

Risedronate5 mg tab to be taken at least
30 mm before the 1st food/
drink/med of the day; or
at least 2 hr from any food or
drink at any other time of the
day, & at least 30 mm before
going to bed. 35 mg tab to be
taken at least 30 mm before
the let food/drink/med of the
day. 5 mg & 35 mg tab: Take
w/ a full glass (≥ 1 20 mL) of
plain water while in an
upright position. Do not lie
down for at least 30 min after
taking. Swallow whole,
do not chew/crush/suck.**Risperidone****Ritonavir****Ritonavir, combinations**

See Lopina vi. + Ritonavir

Rivaroxaban**Rivastigmine****Rizatriptan [orally**

disintegrating tab]

Place on the tongue & allow
to dissolve; it can then be
swallowed w/ the saliva.**Rizatriptan [tab]****Roflumilast****Ropinirole**May be taken w/ meals to
reduce occurrence of
nausea.**Ropinirole**

[prolonged release]

May be taken w/ meals to
reduce occurrence of
nausea. Swallow whole, do
not chew/crush/divide.**Rosiglitazone****Rosiglitazone,**

combinations

See Glimepiride +

Rosiglitazone, Metformin +

Rcisglitazone

Generic Food Symbol**Rosuvastatin****Rotavirus vaccine, oral****Roxithromycin**

Take before meals.

S**Salbutamol**Take 1 hr before or 2 hr
after meals.**Salsalate**

Take w/ food or milk.

Saqquinavir

Take w/ meals or up to 2 hr

after meals.

Saw palmetto**Saxagliptin****Selegiline****Serratiopeptidase**

Take after meals.

Sertindole**Sertraline****Sevelamer****Sibutramine****Sildenafil****Sitodosin****Silymarin**

Take after meals.

Simeticone

Take after meals & at

bedtime for best results.

Simeticone, combinations

See Hydrotalcite + Simeticone

SimvastatinAvoid excessive consumption
(>1 U/day) of grapefruit juice.**Simvastatin, combinations**

See Ezetimibe + Simvastatin

SirotiminTake consistently either
always w/ or always w/o
meals. Avoid grapefruit juice.**Sitagliptin****Sitagliptin, combinations**

See Metformin + Sitagliptin

Sitaxentan

Swallow whole.

Sodium ascorbate**Sodium bicarbonate****Sodium bicarbonate,**

combinations

See Terpenelless Dill Seed

Oil + Sodium Bicarbonate

Sodium citrateTake wdn 30 mm after a meal
or bedtime snack. Swallow
whole w/ a glass of water.
Ensure adequate fluid intake.**Sodium fusidate****Sodium iodide****Sodium phenylbutyrate****Sodium picoaulfate****Sodium valproate****Solifenacin**

Swallow whole,

do not chew/crush.

SorafenibTake on an empty stomach
or w/ a low or moderate tat
meal. If the patient intends to
have a high fat meal,
sorafenib should be taken on
an empty stomach at least
1 hr before or 2 hr after
meals. Swallow whole,
do not chew/crush.**Generic Food Symbol****Sorbitol**

Take before meals.

Sotalol

Take 1-2 hr before meals.

Soy isoflavones**Sparfloxacin****Spiramycin****Spiramycin, combinations**

See Metronidazole +

Spiramycin**Spiro lactone****St John's Wort**Preferably taken wl or after
meals.**Stavudine****Sterculia**

Take after meals.

The granules should be

placed dry on the tongue &

w/ chewing/crushing,

swallowed immediately w/

plenty of water or a cool

drink. Prior to drinking they

may also be sprinkled on, &

taken w/ soft food eg

yoghurt.

Strontrium ranetate

Take on an empty stomach

between meals, preferably at

bedtime at least 2 hr after

food, milk, milk products or

Ca supplements. Mix only w/

plain water & drink

immediately.

Sucralfate

Take on an empty stomach

1 hr before or 2 hr after meals.

Sulbutiamine**Sulfadoxine, combinations**

See Pyrimethamine +

Sulfadoxine**Sulfamethizole, combinations**

See Oxytetracycline +

Phenazopynide +**Sulfamethizole****Sulfamethoxazole****Sulfamethoxazole +****Trimethoprim**

See Co-trimoxazole

Sulfasalazine

Take after meals. Ensure

adequate fluid intake.

Sulfinpyrazone**Sulfisoxazole**

May be taken w/ meals to

reduce GI discomfort.

Sulfisoxazole, combinations

See Erythromycin +

Sulfisoxazole**Sulindac****Sulodexide****Sulpiride****Sultamicillin****(ampicillin & sulbactam)****Sulthiame****Sumatriptan****Sunitinib****T****Tacrine**

Take on an empty

stomach 1 hr before or 2 hr

after meals.

Tacrolimus

Take on an empty stomach

at least 1 hr before or 2-3

hr after meals.

Avoid grapefruit &

grapefruit juice.

