

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

☐ : take with food

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

±☐ : 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		Aliskiren + Hydrochlorothiazide ±☐ Take consistently w/ or w/o meals. Avoid taking w/ high fat meals.		Amlodipine + Perindopril ☐ Take before meals.		Azatadine ±☐ May be taken w/ food or milk if stomach upset occurs.	
Abacavir ±☐		Allopurinol ☐ Take immediately after meals.		Amlodipine + Telmisartan ±☐		Azathioprine ±☐ Preferably taken w/ or after meals to reduce GI discomfort.	
Abacavir + Lamivudine ±☐		Allopurinol + Benzbromarone ☐		Amlodipine + Valsartan ±☐		Azithromycin [cap & extended release microspheres] ☐ Take on an empty stomach 1 hr before or 2 hr after meals.	
Abacavir + Lamivudine + Zidovudine ±☐		Allylestrenol ±☐ May be taken w/ meals if Glupset occurs.		Amlodipine + Valsartan + Hydrochlorothiazide ±☐		Azithromycin [tab & susp] ±☐ May be taken w/ meals to reduce GI discomfort.	
Acamprostate ☐ Take at meal times.		Alminoprofen ☐ Take w/ or immediately after meals.		Amobarbital ±☐		Azulene ☐	
Acarbose ☐ Take w/ 1st bite of each main meal.		Almotriptan ±☐		Amoxicillin ±☐ May be taken w/ meals for better absorption & to reduce GI discomfort.		B	
Acebutolol ±☐		Allosetron ±☐		Amoxicillin + Clavulanic acid See Co-amoxiclav		Bacampicillin ±☐ May be taken w/ meals to reduce GI discomfort.	
Acebutolol + Aluminium Hydroxide + Magnesium Carbonate + Magnesium Hydroxide ☐ Take 1 hr after meals		Alpha-lipoic acid ☐ Take 30 min before meals. Swallow whole, do not chew/crush.		Amphetamine ±☐		Baclofen ☐	
Aceclofenac ☐ Take w/ or immediately after meals.		Alprazolam ±☐ Side effects eg sleepiness/ drowsiness may be reduced if taken immediately after meals.		Ampicillin ☐ Take on an empty stomach 1 hr before or 2 hr after meals.		Balsalazide ☐ Take w/ or immediately after meals.	
Acemetacin ☐ Take w/ or immediately after meals.		Altretamine ☐ Take after meals.		Ampicillin + Flucloxacillin ☐ Take ½ - 1 hr before meals.		Bambuterol hydrochloride ±☐ Preferably taken shortly before bedtime.	
Acetazolamide ☐		Aluminium hydroxide, dried gel ±☐		Ampicillin + Sulbactam See Sultamicillin		Barnidipine ±☐	
Aciclovir ±☐ May be taken w/ meals to reduce GI discomfort.		Amantadine ☐		Amprenavir ±☐ Do not take w/ high fat meal.		Benazepril ±☐	
Acipimox ☐ Take w/ or after meals.		Ambrisentan ±☐ Swallow whole, do not split/chew/crush.		Anagrelide ±☐		Benazepril, Combinations See Amlodipine + Benazepril	
Acitretin ☐ Take w/ main meals or w/ a glass of milk.		Ambroxol ☐		Anastrozole ±☐		Bencyclane ☐ Take after meals.	
Acrivastine ±☐		Amiloride ☐		Aprepitant ±☐		Bendroflumethiazide ±☐ May be taken w/ food or milk.	
Adetovir dipivoxil ±☐		Amiloride + Hydrochlorothiazide ☐		Aripiprazole ±☐		Bendroflumethiazide + Nadotol ±☐	
Agomelatine ±☐		Aminocaproic acid ±☐ May be taken w/ meals to prevent GI upset.		Artemether ☐		Bent loxer ☐	
Albendazole ☐		Aminoglutethimide ±☐ May be taken w/ meals if GI discomfort occurs.		Artemether + Lumefantrine ☐		Benidipine ☐	
Alcicofenac ☐ Take w/ or immediately after meals.		Aminophylline ☐ Take on an empty stomach at least 1 hr before or 2 hr after meals.		Aspirin ☐		Benorilate ☐ Take w/ or immediately after meals.	
Alendronate ☐		Amiodarone ±☐ Take consistently w/ or w/o meals. Take w/ meals if high dose or to reduce GI discomfort.		Aspirin + Dipyridamole ±☐ Swallow whole, do not chew/crush.		Benserazide ☐ When introduced, take w/ meals to reduce GI discomfort.	
Alt acalcidol ☐		Amisulpride ☐ Preferably taken before meals.		Astemizole ☐		Benserazide + Levodopa [dispersible tab] ☐ 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 liquid or by increasing the dose slowly. Disperse in ¼ glass of water (approx 25-50 mL). Stir before drinking. Consume entire amount w/in ½ hr of dissolving the tab.	
Alt uzosin ☐		Amitriptyline ±☐		Atazanavir ☐			
Alt uzosin [extended-release] ☐ Take immediately after the same meal each day. Swallow whole, do not chew/crush.		Amitriptyline + Perphenazine ☐		Atenolol ±☐			
Aliskiren ±☐ Take consistently w/ or w/o meals. Avoid taking w/ high fat meals.		Amlodipine ±☐		Atomoxetine ±☐ Swallow whole, do not open cap.			
		Amlodipine + Atorvastatin ±☐		Atorvastatin ±☐ Avoid excessive consumption (>1 L/day) of grapefruit juice.			
		Amlodipine + Benazepril ±☐		Atovaquone ☐			
		Amlodipine + Olmesartan ±☐		Atovaquone + Proguanil ☐ Take w/ meals or a milky drink.			
				Atropine ±☐ Take w/ food or water.			
				Atropine + Diphenoxylate ±☐			
				Attapulgite, activated ±☐			
				Auranofin ☐ Take after meals or a light snack.			
				Azapropazone ☐ Take w/ or immediately after meals.			

PRE- AND POST-PRANDIAL ADVICE

Rx-MiMS™ Bangladesh

Generic	Food Symbol
Benserazide + Levodopa ✕Ⓜ	
[standard cap & HBS cap] 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 whrle, do not chew/crush.	
Benzbromarone ✓Ⓜ	
Benzbromarone, combinations <i>See Allopunnol + Ber,zbromarone</i>	
Benahexol ✓Ⓜ	
Best taken w/ meals. Take before meals if dry mouth occurs, after meals if drooling/nausea occurs. Take at the same time each day.	
Benztropine mesylate ✓Ⓜ	
Take w/ food or milk.	
Benzylhydrochlorothiazide ✓Ⓜ	
Bepiridil ✓Ⓜ	
Beraprost ✓Ⓜ	
Take after meals.	
Betacarotene ✓Ⓜ	
Betahistine ✓Ⓜ	
Betamethasone ✓Ⓜ	
Betaxolol ✕Ⓜ	
Bethanechol ✕Ⓜ	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Bexarotene ✓Ⓜ	
Bezafibrate ✓Ⓜ	
Bicalutamide ✕Ⓜ	
Biperiden ✓Ⓜ	
Bisacodyl ✕Ⓜ	
Take on an empty stomach for rapid effect. Do not take w/in 1 hr of antacids, milk or other dairy products.	
Bisoprolol ✕Ⓜ	
Bisoprolol + Hydrochlorothiazide ✕Ⓜ	
Swallow whole, do not chew/crush.	
Black cohosh extract ✕Ⓜ	
Swallow whole, do not chew/suck.	
Bosentan ✕Ⓜ	
Bromazepam ✕Ⓜ	
Bromhexine ✓Ⓜ	
Bromocriptine ✓Ⓜ	
Brompheniramine ✕Ⓜ	
May be taken w/ food or milk to reduce GI discomfort.	
Buclizine ✓Ⓜ	
Take w/in ½ hr before meals.	
Budesonide ✓Ⓜ	
Swallow whole, do not chew/ crush. Avoid grapefruit juice.	
Buformin ✓Ⓜ	
Bumetanide ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Bunazosin ✓Ⓜ	
Buprenorphine + Naloxone ✕Ⓜ	
Place under the tongue & allow to dissolve completely.	
Bupropion ✕Ⓜ	
Buspiprone ✕Ⓜ	
Take consistently either always w/ or always w/o meals.	
Busulfan ✕Ⓜ	
Take w/ chilled liqd, ensure adequate fluid intake.	

Generic	Food Symbol
C	
Cabergoline ✓Ⓜ	
Caffeine ✕Ⓜ	
Caffeine + Ergotamine ✕Ⓜ	
Caffeine + Paracetamol + Propyphenazone ✓Ⓜ	
Take after meals.	
Calcitriol ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Calcium acetate ✓Ⓜ	
Calcium aspartate ✓Ⓜ	
Take after meals.	
Calcium carbonate ✕Ⓜ	
Take w/ meals for better absorption. Avoid taking w/ large amt of fibre-rich food.	
Calcium Carbonate + Vitamin D ✓Ⓜ	
Calcium citrate ✕Ⓜ	
Calcium lactate ✓Ⓜ	
Candesartan ✕Ⓜ	
Candesartan + llydrochlorothiazide ✕Ⓜ	
Capecitabine ✓Ⓜ	
Take w/in ½ hr after meals.	
Captopril ✕Ⓜ	
Take on an empty Stomach 1 hr before or 2 hr after meals.	
Captopril + Hydrochlorothiazide ✕Ⓜ	
Take on an empty stomach 1 hr before meals.	
Carbamazepine ✕Ⓜ	
Avoid grapefruit luice.	
Carbenicittin ✕Ⓜ	
Preferably taken on an empty stomach 1 hr before or 2 hr after meals.	
Carbidopa + ✕Ⓜ	
Entacapone + Levodopa Keep a consistent diet. A change in diet to foods high in protein may delay l-dopa absorption & reduce amt taken up in circulation. Excessive acidity also delays stomach emptying & thus delays l-dopa absorption. Fe salts (eg in multivlt prep) may also reduce amt of l-dopa available to the body. Swallow whole.	
Carbidopa + Levodopa ✕Ⓜ	
Take on an empty stomach if possible. If GI distress ocaurs, take w/ food.	
Carbimazole ✕Ⓜ	
Take consistently w/ or w/o meals.	
Carbinosamine ✓Ⓜ	
Carbocisteine ✓Ⓜ	
Carisoprodol ✕Ⓜ	
Carteolol ✓Ⓜ	
Carveditol ✓Ⓜ	
Cefactor ✕Ⓜ	
Cefadroxil ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Celalexin ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Cetdinir ✕Ⓜ	
Cefditoren ✓Ⓜ	
Cefixime ✕Ⓜ	
May be taken w/ food or milk to reduce GI discomfort.	

Generic	Food Symbol
Cefotiam ✓Ⓜ	
Take just before meals.	
Cefpodoxime ✓Ⓜ	
Take after meals.	
Cefprozil ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Cetradine ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Ceftibuten [cap] ✕Ⓜ	
Ceftibuten [cusp] ✕Ⓜ	
Take 2 hr before or 1 hr after meals.	
Cefuroxime ✓Ⓜ	
Celecoxib ✕Ⓜ	
Dose for OA/RM may be given w/ or w/o meals, but doses for FAP must be given w/ meals.	
Celiprolol ✕Ⓜ	
Take at least ½ hr before or 2 hr after meals.	
Cetirizine ✕Ⓜ	
Cetirizine + Pseudoephedrine [extended-release] ✕Ⓜ	
Swallow whole, do not chew/crash.	
Charcoal activated ✕Ⓜ	
Take on an empty stomach w/ plenty of liqd. Allow to disintegrate i/w wafer w/ stirring or take whole w/ liqd. Take at least 2 hr before or 2 hr after other medications. Avoid milk, ice cream & cocoa.	
Chenodeoxycholic acid ✓Ⓜ	
Chlorambucil ✕Ⓜ	
Take on an empty stomach. Ensure adequate hydration. Swallow whole, do not chew/crush.	
Chloramphenicol ✕Ⓜ	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Chlorthiazepoxide ✕Ⓜ	
Chlorthiazepoxide + Clidinium Bromide ✕Ⓜ	
Take ½ 1 hr before meals.	
Chlorthiazepoxide + Metamizole + Thiamine ✓Ⓜ	
Take after meals.	
Chloroquine ✓Ⓜ	
Chlorothiazide ✓Ⓜ	
Chlorpheniramtne ✕Ⓜ	
Chlorpheniramine + Phenylephrine + Phenylpropanolamine ✕Ⓜ	
Chlorpromazine ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Chlorpropamide ✓Ⓜ	
Chlorprothiene ✕Ⓜ	
Take w/ meals or milk if GI upset occurs.	
Chlortalidone ✓Ⓜ	
Take during meals.	
Chlorzoxazone ✓Ⓜ	
Chlorzoxazone + Paracetamol ✓Ⓜ	
Cholecalciferol ✕Ⓜ	
Cholera vaccine, oral ✕Ⓜ	
Take on an empty stomach. Avoid food & drink 1 hr before & 1 hr after vaccination.	
Cholestyramine ✕Ⓜ	
Do not take in the dry form. Mix w/ 150 mL of water or fruit luice, stir ba uniform consistency before taking.	

Generic	Food Symbol
Chondroitin + Glucosamine ✓Ⓜ	
Chondroitin + Glucosamine + Methylsulfonylmethane ✓Ⓜ	
Take after meals.	
Cilazapril ✕Ⓜ	
Cilostazol ✕Ⓜ	
Take at least ½ hr before or 2 hr after meals.	
Cimetidine ✓Ⓜ	
Cinacalcet hydrochloride ✓Ⓜ	
Take w/ food or shortly after food. Swallow whole, do not divide.	
Cinnarizine ✓Ⓜ	
Cinoxacin ✕Ⓜ	
Take consistently w/ or w/o meals.	
Ciprofibrate ✕Ⓜ	
Ciprofloxacin ✕Ⓜ	
May be taken w/ meals to minimise GI discomfort. Do not take w/ antacids, Fe or dairy products.	
Citalopram ✕Ⓜ	
Citicoline ✕Ⓜ	
Take w/ or between meals.	
Clarithromycin [standard release tab & oral susp] ✕Ⓜ	
Clarithromycin [XL & MR tab] ✓Ⓜ	
Swallow whole, do not chew/crush.	
Clebopride ✕Ⓜ	
Take 30 mm before meals.	
Clemastine ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Climdamycin [cap] ✕Ⓜ	
Swallow whole w/ a full glass of wafer & in an upright position	
Climdamycin [granules] ✓Ⓜ	
Clobazam ✕Ⓜ	
Clodronic acid ✕Ⓜ	
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/tab whole or divided halves of tab, do not chew/crush.	
Clotazimine ✓Ⓜ	
Clot ibrate ✕Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Clomiphene ✕Ⓜ	
Clomipramine ✓Ⓜ	
Clonazepam ✕Ⓜ	
Clonidine ✕Ⓜ	
Clopamide + Pindolol ✓Ⓜ	
Cloperastine ✕Ⓜ	
Clopidogrel ✕Ⓜ	
Clorazepate ✕Ⓜ	
Cloxacillin ✕Ⓜ	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Cotazapine ✕Ⓜ	
Co-amoxiclav (amoxicillin & clavulanic acid) ✕Ⓜ	
May be given w/o regard to meals. Best taken at the start of meals for better absorption & to reduce GI discomfort.	

Generic	Food Symbol
Co-amoxiclav (amoxicillin + clavulanic acid) [Extended-release] Must be taken at the start of meals.	✓Ⓜ
Co-dergocrine mesylate Take just before meals.	✓Ⓜ
Co-trimoxazole	✓Ⓜ
Codeine	✖Ⓜ
Codeine + Doxylamine + Paracetamol	✖Ⓜ
Codeine + Phenyltoloxamine	✓Ⓜ
Colchicine	✓Ⓜ
Colesevelam	✓Ⓜ
Cortisone	✖Ⓜ
Cyanocobalamin Take between meals.	✓Ⓜ
Cyclidrol	✖Ⓜ
Cyclophosphamide Preferably taken on an empty stomach, but may be taken w/ meals to minimise GI irritation. Ensure adequate fluid intake. Swallow whole.	✖Ⓜ
Cycloserine May be taken after meals if GI discomfort occurs.	✖Ⓜ
Cyclosporin Take consistently w/ regard to time of day & relation to meals. Avoid grapefruit juice.	✖Ⓜ
Cyproheptadine May be taken w/ meals to reduce GI discomfort.	✖Ⓜ
Cypoterone Take after meals.	✓Ⓜ
Cysteamine	✖Ⓜ

D

Dabigatran etexilate Swallow whole, do not chew/crush.	✖Ⓜ
Danazol Take consistently either always w/ or always w/o meals.	✖Ⓜ
Dantrolene	✖Ⓜ
Dapoxetine Swallow tab whole & take w/ a full glass of water.	✖Ⓜ
Dapsone	✓Ⓜ
Darifenacin Swallow whole, do not chew/crush/divide.	✖Ⓜ
Darunavir	✓Ⓜ
Dasatinib Swallow whole, do not break/crush/cut.	✖Ⓜ
Deferasirox 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 reabsend any residue & dnkn 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,	✖Ⓜ
Deferiprone	✖Ⓜ

Generic	Food Symbol
Delavirdine Take consistently W/ or w/o meats.	✖Ⓜ
Demeclocycline Take w/ a full glass of water on an empty stomach at least 1 hr before or 2 hr after meals.	✖Ⓜ
Desipramine	✖Ⓜ
Desloratadine	✖Ⓜ
Desmopressin	✖Ⓜ
Desvenlafaxine [extended-release] Take at the same time each day. Swallow whole, do not divide/crush/chew/dissolve tab.	✖Ⓜ
Dexamethasone	✓Ⓜ
Dexamphetamine	✖Ⓜ
Dexchlorpheniramine	✖Ⓜ
Dexketoprofen Take 30 mm before meals, esp for quick relief of acute pain.	✖Ⓜ
Dextromethorphan	✖Ⓜ
Dextromoramide	✖Ⓜ
Dextropropoxyphene	✖Ⓜ
Dextropropoxyphene + Paracetamol	✖Ⓜ
Diacerein Take w/ or immediately after meals.	✓Ⓜ
Diazepam	✖Ⓜ
Diazepam + Metamizote Take after meals.	✓Ⓜ
Diclofenac Take immediately after meals.	✓Ⓜ
Diclofenac + Misoprostol Swallow whole, do not chew/crush/dissolve.	✓Ⓜ
Dicloxacillin Take on an empty stomach at least 1 hr before or 2 hr after meals.	✖Ⓜ
Dicycloverine May be taken before or after meals.	✖Ⓜ
Didanosine Take on an err,ty stomach ½ hr before or 2 hr after meals.	✖Ⓜ
Dienogest	✖Ⓜ
Dienogest + Estradiol	✖Ⓜ
Diethylpropion Take on an empty stomach 1 hr before meals.	✖Ⓜ
Difenidol Take w/ food/water/milk to minimise GI irritation.	✓Ⓜ
Diffunisal	✓Ⓜ
Digexin	✖Ⓜ
Dihydrocodeine Take w/ or after meals.	✓Ⓜ
Dihydroergotamine	✖Ⓜ
Dill off, combinations <i>See Terpeneless Dill Seed Oil + Sodium Bicarbonate</i>	
Diltiazem [normal release prep] Admin instructions for modified release prep may vary according to brands, refer to lit.	✖Ⓜ
Dimenhydrinate	✖Ⓜ
Diphenhydramine	✖Ⓜ
Diphenoxylate	✖Ⓜ

Generic	Food Symbol
Diphenoxylate, combinations <i>See Atropino + Diphenoxylate</i>	
Diprophylline Take 1 hr before or 1 hr after meals.	✖Ⓜ
Dipyridamole Take on an empty stomach 1 hr before meals. May be taken w/ meals to reduce GI discomfort.	✖Ⓜ
Dipyridamole, combinations <i>See Aspirin + Dipyridamole</i>	
Distlgmine bromide Take ½ hr before breakfast.	✖Ⓜ
Disulfiram	✖Ⓜ
Dlvalproex	✓Ⓜ
Dotetilide	✖Ⓜ
Domperidone Take 15-30 mm before meals.	✖Ⓜ
Donepezil	✖Ⓜ
Dothiepin	✖Ⓜ
Doxazosin	✖Ⓜ
Doxepin	✖Ⓜ
Doxycycline Take w/ a full glass of water & remain upright for at least ½ hr. Take w/ food or milk if GI irritation occurs.	✖Ⓜ
Doxylamine Take w/ food or milk.	✓Ⓜ
Doxylamine, combinations <i>See Codeine. Doxylamine + Paracetamol</i>	
Dronabinol Take before meals.	✖Ⓜ
Dronedarone Avoid grapefruit juice.	✓Ⓜ
Drosiprenone	✖Ⓜ
Drosiprenone + Ethinylestradiol	✖Ⓜ
Drotaverine	✖Ⓜ
Duloxetine Swallow whole, do not chew/crush.	✖Ⓜ
Dutasteride	✖Ⓜ
Dutasteride + Tamsulosin Take approx 30 min after meals. Swallow whole, do not crush/chew/open.	✓Ⓜ
Dydrogesterone	✖Ⓜ

E

Ebastine	✖Ⓜ
Echinacea Take after meals.	✓Ⓜ
Efavirenz Take on an empty stomach, preferably at bedtime.	✖Ⓜ
Efavirenz + Emtricitabine + Tenotovir Take on an empty stomach. Dosing at bedtime may improve tolerability of nervous system symptoms.	✖Ⓜ
Eletriptan hydrobromide	✖Ⓜ
Eltrombopag olamine Take at least 4 hr before or after antacids, dairy products or other Ca-containing food products or mineral supplements containing polyvalent cations.	✖Ⓜ

Generic	Food Symbol
Emtricitabine	✖Ⓜ
Emtricitabine + Tenofovir Take consistently either always w/ or always w/o food.	✖Ⓜ
Enalapril	✖Ⓜ
Enalapril + Hydrochlorothiazide	✖Ⓜ
Enoxacin Take 1 hr before or 2 hr after meals w/ full glass of water. Ensure adequate fluid intake daily. Avoid caffeine.	✖Ⓜ
Entacapone	✖Ⓜ
Entacapone, combinations <i>See Carbidopa + Entacapone + Levodopa</i>	
Entecavir Take on an empty stomach at least 2 hr after a meal & 2 hr before the next meal.	✖Ⓜ
Eperisone Take after meals.	✓Ⓜ
Ephedrine	✖Ⓜ
Eplerenone	✖Ⓜ
Eprosartan	✖Ⓜ
Eprosartan + Hydrochlorothiazide	✖Ⓜ
Ergotamine	✖Ⓜ
Ergotamine, combinations <i>See Caffeine + Ergotamine</i>	
Erlotinib Take on an empty stomach at least 1 hr before cr2 hr after meals.	✖Ⓜ
Erythromycin + Sulfisoxazole May be taken w/ meals to reduce GI discomfort.	✖Ⓜ
Erythromycin base Beat taken on an empty stomach at least ½ hr & preferably 2 hr before meals.	✖Ⓜ
Erythromycin estolate Best taken on an empty stomach 1 hr before or 2 hr after meals. May be taken w/ meals to reduce GI discomfort.	✖Ⓜ
Erythromycin ethysuccinate	✖Ⓜ
Erythromycin stearate Best taken on an empty stomach 1 hr before or 2 hr after meals. May be taken w/ meals to redce GI discomfort.	✖Ⓜ
Escitapopram	✖Ⓜ
Esomeprazole [delayed-release cap] Take on an empty stomach 1 hr before meals.	✖Ⓜ
Esomeprazole (tab)	✖Ⓜ
Esomeprazole + Naproxen Take at least 30 mm prior to food intake. Swallow whole, do not split/chew/cruuh.	✖Ⓜ
Estazolam	✖Ⓜ
Estradiol	✖Ⓜ
Estradiol, combinations <i>See Dienogest + Estradiol, Norethisterone + Estradiol</i>	
Estriol	✖Ⓜ
Estrogens, conjugated	✖Ⓜ

PRE- AND POST-PRANDIAL ADVICE

Generic	Food Symbol
Eszopiclone ×Ⓜ	
Take immediately before going to bed. Avoid taking after a heavy meal.	
Etamsylate ±Ⓜ	
May be taken w/ meals to minimise GI upset.	
Ethambutol ✓Ⓜ	
Ethaverine ±Ⓜ	
May be taken w/ food or milk if GI upset occurs.	
Ethinylestradiol ±Ⓜ	
Ethinylestradiol + Gestodene ±Ⓜ	
Ethinylestradiol, combinations See <i>Drosprenone + Ethinylestradiol</i>	
Ethionamide ✓Ⓜ	
Take at mealtimes.	
Ethosuximide ±Ⓜ	
Etidronate ×Ⓜ	
Take on an empty stomach at east 2 hr before or after meals, asp meals high in Ca eg milk or milk products, vit w/ mineral supplements or antacids containing Ca, Mg, Fe or Al.	
Etodolac ✓Ⓜ	
Take w/ or immediately after meals.	
Etofibrate ✓Ⓜ	
Best taken after the evening meal.	
Etoposide ×Ⓜ	
Take on an empty stomach.	
Etoricoxib ±Ⓜ	
Etravirine ✓Ⓜ	
Take after meals. Swallow whole, do not chew/crush. For patients w/ swallowing difficulties, disperse tab thoroughly in a glass of water & drink immediately. Rinse the glass w/ water several times & drink each rinse completely.	
Evening primrose oil ✓Ⓜ	
Everolimus ±Ⓜ	
Take consistently either always w/ or always w/o meals. Avoid grapefruit juice.	
Exemestane ✓Ⓜ	
Take after a meal.	
Exenatide ×Ⓜ	
Administer at any time w/in the 60-mis period before the morning & evening meals (or before the 2 main meals of the day, approx 6 hr or more apart). Do not administer after a meal.	
Ezetimibe ±Ⓜ	
Ezetimibe + Simvastatin ±Ⓜ	
Avoid excessive consumption (>1 L/day) of grapefruit juice.	

F

Famciclovir ±Ⓜ	
Famotidine ±Ⓜ	
Febuxostat ±Ⓜ	
May be taken w/o regard to antacid use.	
Felodipine ±Ⓜ	
Take w/o food or w/ a light meal. Avoid grapefruit juice.	
Felodipine + Metoprolol ±Ⓜ	
Take w/o food or after a light meal not rich in fat or carbo. Swallow whole, do not divide/crush/chew.	

Generic	Food Symbol
Fenbufen ✓Ⓜ	
Take w/ or immediately after meals.	
Fenofibrate ✓Ⓜ	
Fenoprofen ✓Ⓜ	
Fenoverine ✓Ⓜ	
Ferrous fumarate ×Ⓜ	
Best taken on an empty stomach. May be taken w/ meals to reduce GI discomfort.	
Ferrous gluconate ×Ⓜ	
Best taken on an empty stomach. May be taken w/ meals to reduce GI discomfort.	
Ferrous sulfate ×Ⓜ	
Best taken on art empty stomach. May be taken w/ meals to reduce GI discomfort.	
Fesoterodine ±Ⓜ	
Swallow whole, do not chew/divide/crush.	
Fenotenadine ×Ⓜ	
Take before meals. Do not take w/ fruit juice.	
Finasteride ±Ⓜ	
Flavoxate ±Ⓜ	
Ffecalide ±Ⓜ	
Flopropione ✓Ⓜ	
Take after meals.	
Flucloxacillin ×Ⓜ	
Take on an empty stomach ½ 1 hr before meals.	
Flucloxacillin, combinations See <i>Ampicillin + Flucloxacillin</i>	
Fluconazole ±Ⓜ	
Flucytosine ±Ⓜ	
Nausea & vomiting may be minimised if the dose is spaced over a 15-mm period.	
Fludarabine ±Ⓜ	
Swallow whole, do not break/chew/crush.	
Fludrocortisone ✓Ⓜ	
Flufenamic acid ✓Ⓜ	
Take w/ or immediately after meals.	
Flunarizine ±Ⓜ	
Flunitrazepam ±Ⓜ	
Fluxoxetine ±Ⓜ	
Flupentixol ±Ⓜ	
Fluphenazine ±Ⓜ	
Flurazepam ±Ⓜ	
Flurbiprofen ✓Ⓜ	
Flutamide ±Ⓜ	
Fluvastatin ±Ⓜ	
Fluvoxamine ±Ⓜ	
Folic acid ±Ⓜ	
Fosamprenavir ±Ⓜ	
Fosamycin ×Ⓜ	
Take on an empty stomach 1 hr before cr2 hr after meals.	
Fosinopril ×Ⓜ	
Beat taken 1 hr before meals. May be taken w/ meals to reduce GI discomfort.	
Frovatriptan ±Ⓜ	
Take on an empty stomach for fast relief.	
Furazolidone ✓Ⓜ	
Avoid food & beverage containing tyramine or tryptophan, eg alcohol, beer (incl alcohol-free beer), cheese, yoghurt. See lit for complete list.	

Generic	Food Symbol
Furosemide ±Ⓜ	
May be taken w/ meals to reduce GI discomfort.	
Fusidic acid ✓Ⓜ	
G	
Gabapentin ±Ⓜ	
Galantamine ✓Ⓜ	
Ganciclovir ✓Ⓜ	
Gefitinib (film-coated tab) ±Ⓜ	
May also be dispersed in ½ glass of plain, non-carbonated water. No other liqd should be used. Drop the tab in water & stir w/o crushing until it disperses (approx 10 mis). Drink immediately. Rinse glass w/ another ½ glass of water & drink. Dispersed liqd may also be administered via NG tube.	
Gemfibrozil ×Ⓜ	
Take ½ hr before meals.	
Gemifloxacin ±Ⓜ	
Gestodene ±Ⓜ	
Gestodene, combinations See <i>Ethinylestradiol + Geslodene</i>	
Gestrinone ±Ⓜ	
Ginkgo biloba ✓Ⓜ	
Take before meals.	
Ginkgo Bitoba + Heptaminol + Troxerutin ✓Ⓜ	
Take at meal times.	
Glibenclamide ✓Ⓜ	
Glibenclamide + Metformin ✓Ⓜ	
Gliclazide ✓Ⓜ	
Glimepiride ✓Ⓜ	
Take immediately before or during breakfast, or the 1st main meal of the day. Do not skip meals.	
Glimepiride + Pioglitazone ✓Ⓜ	
Take w/ 1st main meal of the day.	
Glimepiride + Rosiglitazone ✓Ⓜ	
Take w/the 1st mealof the day.	
Glipizide ✓Ⓜ	
[extended-release] Swallow whole, do not chew/crush/divide.	
Glipizide [immediate-release] ×Ⓜ	
Take ½ hr before meals.	
Glipizide + Metformin ✓Ⓜ	
Gliquidone ✓Ⓜ	
Small doses may be taken up to 30 mm before breakfast. Large doses must bs fakes w/ meals.	
Glucosamine sulfate, crystalline ✓Ⓜ	
Preferably taken at meals.	
Glucosamine, combinations See <i>Chondroibn + Glucosamine, Chondroitin + Glucosamine + Methylsulf/onylin ethane</i>	
Glybunide ✓Ⓜ	
Grant setron ±Ⓜ	
Take up to 1 hr before chemotherapy.	
Griseofulvin ✓Ⓜ	
Take rmedietally after meals.	
Guaiphenearn ±Ⓜ	
Guar gum ✓Ⓜ	
Take w/ or immediately before meals.	

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Generic	Food Symbol
H	
Haloperidol ±Ⓜ	
May be taken w/ meals to minimise GI irritation.	
Heptaminol ✓Ⓜ	
Take at meal times.	
Heptaminol, combinations See <i>Ginkgo Biloba + Heptaminol + Troxerutin</i>	
Hexoprenaline ×Ⓜ	
Take ½ hr before meals.	
Hydratazine ✓Ⓜ	
Hydralazine + Hydro-chlorothiazide + Reserpine ✓Ⓜ	
Take at meal times.	
Hydrochlorothiazide ✓Ⓜ	
Hydrochlorothiazide + Irbesartan ±Ⓜ	
Hydrochlorothiazide + Losartan ±Ⓜ	
Hydrochlorothiazide + Metoprolol ±Ⓜ	
Hydrochlorothiazide + Moexipril ×Ⓜ	
Take 1 hr before meals.	
Hydrochlorothiazide + Omesartan Medoxomil ±Ⓜ	
Hydrochthorothiazide + Quinapril ±Ⓜ	
Hydrochlorothiazide + Telmisartan ±Ⓜ	
Hydrochlorothiazide + Triamterene ✓Ⓜ	
Take after meals.	
Hydrochlorothiazide, combinations See <i>Aiskiren + Hydrach/oro-thiazide, Amiloride + Hydrochlorothiazide, Amlodipine + Valsartan + Hydrochlorothiazide, Bisoprolol + Hydrochloro-thiazide, Candesartan + Hydrochlorothiazide, Captopril + Hydrochloro-thw.zide, Ens/april + Hydro-chlorothiazide, Eprosarran + Hydrochlorothiazide, Lisinopril + Hydrochlorothiazide</i>	
Hydrocortisone ✓Ⓜ	
Hydroflumethiazide + Reserpine ✓Ⓜ	
Hydrotalcite ×Ⓜ	
Take between meals & at bedtime.	
Hydrotalcite + Simeticone ×Ⓜ	
Take between meals & at bedtime.	
Hydroxychloroquine ✓Ⓜ	
Hydroxyzine ±Ⓜ	
Hyoscine butylbromide ±Ⓜ	
Hyoscine hydrobromide ±Ⓜ	

I

Ibandronic acid ×Ⓜ	
Must be taken at least 1 hr before the 1st food, drink or medication of the day. Take w/ a full glass of only plain water upon arising for the day & remain in sitting/upright position for at least 1 hr. Do not lie down, eat/drink anything except plain water or take other oral medianes for at least 1 hr. Swallow whole, do not chew/crush/suck.	
Ibuprofen ✓Ⓜ	

Generic	Food Symbol
Idarubicin ±(f)	
May be taken w/ a light meal.	
Imatinib ✓(f)	
Imidapril ×(f)	
Take 15 min before meals. However, when initiating therapy, 1st dose should be given at bedtime.	
Imipramine ±(f)	
Indapamide ✓(f)	
Indapamide + Perindopril ×(f)	
Take before meals.	
Indinavir ×(f)	
Beat taken w/ plain water on an empty stomach 1 hr before or 2 hr after meals. May also be taken w/ other liqd eg skim milk, juice, coffee, tea or a light, low-fat meal. Ensure adequate hydration by drinking at least 1.5 L of liqd throughout the day. May be taken w/ or w/o food if co-administered w/ ritonavir.	
Indometacin ✓(f)	
Insulin aspart ✓(f)	
Administer immediately before a meal.	
Insulin Aspart + Insulin Aspart Protamine ✓(f)	
Administer immediately before or soon after a meal.	
Insulin detemir ±(f)	
For patients treated w/ once daily regimen, administer w/ evening meal or at bedtime. For patients who need twice daily dosing, the evening dose can be administered either w/ the evening meal or at bedtime or 12 hr after the morning dose.	
Insulin glulisine ✓(f)	
Administer w/in 15 mm before a meal or w/in 20 mm after starting a meal.	
Insulin lispro ✓(f)	
Administer w/in 15 mm before or immediately after meals.	
Irbeaartan ±(f)	
Irbesartan, combinations See Hydrochlorothiazide + Irbesartan	
Iron ×(f)	
Beattaken on an empty stomach. May be taken w/ meals to reduce GI discomfort.	
Iron + Vitamin B Complex ×(f)	
Beat taken between meals. May be taken w/ meals to reduce GI discomfort.	
Isoflavone ✓(f)	
Isoniazid ×(f)	
Best taken on an empty stomach 1 hr before or 2 hr after meals. May be taken w/ meals to reduce GI discomfort.	
Isoniazid + ×(f)	
Pyrazinamide + Rifampicin Take on an empty stomach 1 hr bet ore or 2 hr after meals. Avoid antacids w/in 1 hr of intake.	
Isoniazid + Rifampicin ×(f)	
Take on an empty stomach at least ½ hr before or 2 hr after meals.	

Generic	Food Symbol
Isoorbide dinitrate ×(f)	
Take on an empty stomach ½ hr before meals.	
Isoorbide mononitrate ×(f)	
Isotretinoin ✓(f)	
Isosuprine ±(f)	
May be taken w/ meals, milk or antacids to minimise GI discomfort.	
Ispaghula husk ✓(f)	
Best taken after meals. Stir the required amt into a glass of cold water (150 mL) & drink immediately. Do not take w/o water.	
Isradipine ±(f)	
Itopride hydrochloride ×(f)	
Take before meals.	
Itraconazole [cap] ✓(f)	
Take immediately after a full meal.	
Itraconazole [oral soln] ×(f)	
Take on an empty stomach & refrain from eating for at least 1 hr after intake.	
Ivabradine ✓(f)	
Avoid excessive consumption of grapefruit juice.	
Ivermectin ×(f)	
Take on an empty stomach.	

K

Ketoconazole ✓(f)	
Ketoprofen ✓(f)	
Preferably taken w/ or after meals.	
Ketorolac ✓(f)	
Take immediately after meals.	
Ketotifen ✓(f)	

L

Labetalol ✓(f)	
Take immediately after meals.	
Lacidipine ±(f)	
Lactitol ✓(f)	
Lactulose ±(f)	
May be taken w/ meals to reduce GI discomfort. Dilute w/ water, milk, or fruit juice to improve taste.	
Lamivudine ±(f)	
Lamivudine + Zidovudirte ±(f)	
Lamivudine, combinations See Abacavir + Lamivudine, Abacavir + Lamivudine + Zidovudine	
Lamotrigline ±(f)	
Lansoprazole ×(f)	
Take before meals.	
Lanthanum carbonate ✓(f)	
Take w/ or immediately after meals. Chew thoroughly before swallowing. Do not swallow whole.	
Lapatinib ×(f)	
Take at least 1 hr before or 1 hr after a meal. Do not eat/drink grapefruit products.	
Laroplrant + Extended-release niacin ✓(f)	
Take in the evening or at bedtime. Swallow whole, do not split/break/chew/crush. Avoid alcohol or hot drinks at the time of drug ingestion.	
Leflunomide ±(f)	

Generic	Food Symbol
Lenalidomide [cap] ±(f)	
Swallow whole, do not break/chew/open.	
Lercanidipine ×(f)	
Take on an empty stomach at least 15 mm before meals.	
Letrozole ±(f)	
Levamisole ✓(f)	
Take w/ meals to minimise side effects eg nausea.	
Levetiracetam ±(f)	
Oral soln should be diluted in a glass of water.	
Levocarnitine ✓(f)	
Take w/ or just after meals.	
Levocetirizine ±(f)	
Levodopa ✓(f)	
GI discomfort may be reduced by increasing the dose of l-dopa gradually, &/or by taking w/ or after meals. However, taking l-dopa on a full stomach may lead to lower plasma conc. In later disease, if may be preferable to admin on an empty stomach if the patient can tolerate it. Keep a consistent diet. A change in diet to foods high in protein may delay l-dopa absorption & reduce amt taken up in drculahon.	
Levodopa, combinations See Benserazido + Levodopa, Carbidopa + Levodopa + Entacapone + Levodopa, Carbidopa + Levodopa	
Levodopropizine ×(f)	
Take between meals.	
Levofloxacin [oral coln] ×(f)	
Take on an empty stomach 1 hr before or 2 hr after meals. Ensure adequate fluid intake.	
Levofloxacin [tab] ±(f)	
Ensure adequate fluid intake.	
Levorioigestrel ±(f)	
Levothyroxine sodium ×(f)	
Take on an empty stomach ½ -1 hr before meals.	
Lincomycin ×(f)	
Take w/ full glass of water on an empty stomach 1 hr before or 2 hr after meals.	
Linezolid ±(f)	
Liothyronline ±(f)	
Lisdexamfetamine ±(f)	
Take in the morning. Cap may be taken whole, or the cap opened & the entire contents dissolved in a glass of water & drunk immediately. The dose of a single cap should not be divided.	
Lisinoprii ±(f)	
Lisinoprii + hydrochlorothiazide ±(f)	
Lisuride ✓(f)	
Always take w/ a meal or snack.	
Lithium ✓(f)	
Lomefloxacin ±(f)	
Lomustine ×(f)	
Take on an empty stomach. May be taken at bedtime to reduce occurrence of nausea.	
Loperamide ±(f)	
Lopinavir ✓(f)	

Generic	Food Symbol
Lopinavir + Ritonavir [cap & oral soln] ✓(f)	
Lopinavir + Ritonavir (tab) ±(f)	
Swallow whole, do not chew/crush/break.	
Loracarbef ×(f)	
Take on an empty stomach 1 hr before or at least 2 hr after meals.	
Loratadine ±(f)	
Loratadine + pseudoephedrine [extended-release] ±(f)	
Swallow whole, do not break, chew or dissolve.	
Lorazepam ±(f)	
Lorazepam ±(f)	
Losartan ±(f)	
Losartan, combinations See Hydrochlorothiazide + Losartan	
Lovastatin ✓(f)	
Loeastatin + Nicotinic Acid ✓(f)	
Take at bedtime w/ a low-fat snack. Do not take on an empty stomach. Do not administer w/ alcohol, hot drinks or grapefruit juice .	
Loxapine ✓(f)	
Loxoprofen ✓(f)	
Take w/ or immediately after meals.	
Lubiprostone ✓(f)	
Lumetantrine ✓(f)	
Lumefantrine, combinations See An'emether + Lumefantrine	
Lumiracoxib ±(f)	
Lyemcycline ×(f)	
Take 1 hr before or 2 hr after meals.	
Lynestressot ±(f)	

M

5-methoxy psoralen ±(f)	
Magaldrate ×(f)	
Magnesium ×(f)	
Magnesium carbonate, combinations See Acebutolol + Aluminium Hydroxide + Magnesium Carbonate + Magnesium Hydroxide	
Magnesium hydroxide, combinations See Acebutolol + Aluminium Hydroxide + Magnesium Carbonate + Magnesium Hydroxide	
Manidipine ✓(f)	
Take after breakfast.	
Maprotiline ±(f)	
Maraviroc ±(f)	
Mazindol ✓(f)	
Take after meals.	
Mebendazole ±(f)	
Mebeverine ✓(f)	
Take immediately before or during meals.	
Mebhydrolin ✓(f)	
Take during or shortly after meals.	
Meclizine ±(f)	
Meclofenamic acid ✓(f)	
Take w/ or immediately after meals.	

PRE- AND POST-PRANDIAL ADVICE

Generic	Food Symbol
Mecobalamin	✱Ⓜ
Medroxyprogesterone	✱Ⓜ
Incidence of minor indigestion may increase as dose increases. Take w/ meals if necessary.	
Metenamic acid	✓Ⓜ
Mefloquine	✓Ⓜ
Best taken w/ meals & a full glass of water.	
Megestrol [Megace ES]	✱Ⓜ
Megestrol [standard formulation]	✓Ⓜ
Metocixam	✱Ⓜ
May be taken w/ meals if GI discomfort occurs.	
Metphalan	✕Ⓜ
Take on an empty stomach 1 hr before or 2 hr after meals.	
Mementine	✱Ⓜ
Menatetrenone	✓Ⓜ
Take after meals.	
Meparticin	✓Ⓜ
Mepenzotate bromide	✓Ⓜ
Mercaptopurine	✕Ⓜ
Best taken on an empty stomach 1 hr before or 2 hr after meals. Ensure adequate fluid intake.	
Mesna	✱Ⓜ
Mesterolone	✱Ⓜ
Mestranol	✱Ⓜ
Metamizote	✓Ⓜ
Take after meals.	
Metamizote sodium, combinations	
See <i>Chlordiazepoxide + Metamizole + Thiamine, Diazepam + Metamizole</i>	
Metformin	✓Ⓜ
Metformin + Pioglitazone	✓Ⓜ
Metformin + Rosiglitazone	✓Ⓜ
Metformin + Sitagliptin	✓Ⓜ
Metformin + Vildagliptin	✓Ⓜ
Take w/ or immediately after meals to reduce GI discomfort.	
Metformin, combinations	
See <i>Glibenclamide + Metformin, Glipizide + Merformin</i>	
Methadone	✱Ⓜ
Methdilazine	✱Ⓜ
Methenotone	✓Ⓜ
Methimazole	✓Ⓜ
Methocarbamol	✱Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Methotrexate	✕Ⓜ
Best taken on as empty stomach. May be taken w/ meals to reduce GI discomfort. Avoid taking w/ milk-rich products.	
Methossalen	✓Ⓜ
Methylidopa	✱Ⓜ
Methyphenidate (Concerta)	✱Ⓜ
Swallow Whole, do not divide/chew/crush.	
Methyphenidate (Ritalin)	✕Ⓜ
Take 30-45 min before meals.	
Methyphenobarbitone	✱Ⓜ
Methylprednisolone	✓Ⓜ

Generic	Food Symbol
Methylsulfonylmethane, combinations	
See <i>Chondroitin + Glucosamine + Methylsulfinylmethane</i>	
Methysergide	✓Ⓜ
Metoclopramide	✕Ⓜ
Take ½ hr before meals.	
Metolazone	✓Ⓜ
Take after breakfast	
Metoprolol	✱Ⓜ
Metoprolol, combinations	
See <i>Felodipine + Metoprolol, Hydrochlorothiazide + Metoprolol</i>	
Metronidazole [susp]	✕Ⓜ
Take at least 1 hr before meals.	
Metronidazole [tab]	✓Ⓜ
Metronidazole + Spiramycin	✓Ⓜ
Take during meals.	
Metryapone	✓Ⓜ
Take WI milk or yoghurt or after a meal.	
Mexiletine	✓Ⓜ
Mianserin	✱Ⓜ
Midazolam	✱Ⓜ
Midecamycin	✱Ⓜ
Mifepristone	✱Ⓜ
Avoid grapefruit juice.	
Miglitol	✓Ⓜ
Take w/ 1st bite of each main meal.	
Miglustat	✱Ⓜ
Milnacipran	✓Ⓜ
Preferably taken during meals.	
Minocycline	✱Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Minocycline [pellet-tiled cap]	✕Ⓜ
Take w/ a full glass of water on an empty stomach at least 1 hr before or 2 hr after meals.	
Minoxidil	✱Ⓜ
Mirizapapine	✱Ⓜ
Misoprostol	✓Ⓜ
Misoprostol, combinations	
See <i>Diclofertac + Misoprostol</i>	
Mitiglinide	✓Ⓜ
Take immediately before meals.	
Mitotane	✓Ⓜ
Preferably taken during meals.	
Moclobemide	✓Ⓜ
Take immediately after meals.	
Modafinil	✱Ⓜ
Moexipril	✕Ⓜ
Take on an empty stomach 1 hr before or 2 hr after a meal.	
Moexipril, combinations	
See <i>Hydrochlorothiazide + Moexipril</i>	
Montelukast	✱Ⓜ
Morphine	✱Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Moxifloxacin	✱Ⓜ
Moxonidine	✱Ⓜ
Mycophenolate	✕Ⓜ
Take on an empty stomach. In stable renal transplant patients, may be administered w/ meals if necessary.	

Generic	Food Symbol
N	
Nabumetone	✱Ⓜ
May be taken w/ meals to reduce GI distress.	
Nadolol	✱Ⓜ
Nadolol, combinations	
See <i>Bendroflumethiazide + Nadolol</i>	
Natcillin	✕Ⓜ
Naftidrofuryl	✓Ⓜ
Take w/a large glass of water.	
Nalidixic acid	✓Ⓜ
Naloxone, combinations	
See <i>Buprenorphine + Naloxone</i>	
Nattrexone	✱Ⓜ
Naproxen	✓Ⓜ
Naproxen, combinations	
See <i>Esomeprazole + Naproxen</i>	
Naratriptan	✱Ⓜ
Nateglinide	✓Ⓜ
Take immediately before or up to ½ hr before meals.	
Nebivolol	✱Ⓜ
Nefazodone	✱Ⓜ
Nefopam	✱Ⓜ
May be taken w/ meals if GI discomfort occurs.	
Nelfinavir	✓Ⓜ
Neomycin	✱Ⓜ
Nevirapine	✱Ⓜ
Niacin (Vii B3)	✱Ⓜ
May be taken w/ meals if GI discomfort occurs.	
Niacin, combinations	
See <i>Laropiprant + Extended-release niacin</i>	
Nicardipine [extended-release]	✓Ⓜ
Avoid grapefruit juice 1 hr before or 2 hr after a dose. Avoid taking w/ high fat meals. Swallow whole, do not crush/chew.	
Nicardipine [regular-release]	✱Ⓜ
Avoid grapefruit juice 1 hr before or 2 hr after a dose.	
Nicergoline	✕Ⓜ
Take on an empty stom ach.	
Nicosamide	✓Ⓜ
Take after meals.	
Nicorandil	✱Ⓜ
Nicotinamide, combinations	
See <i>Iron + Vitamin B Complex, vitamin B Complex</i>	
Nicotine [gum]	✱Ⓜ
Chew gum until the taste becomes strong, then rest it between the gums & the cheek. Wiles the taste fades, start chewing it again. Repeat the chewisg routine for 30 min.	
Nicotine [loz]	✱Ⓜ
Suck until the taste becomes strong. Then, loze the loz between the gum & cheek. When the taste fades, start sucking it again. Repeat until the loz completely dissolves (about 30 min). Do not swallow. Avoid coffee, acidic drinks or soft drinks for 15 mm prior to sucking the loz	
Nicotinic acid	✓Ⓜ
Take at bedtime after a low-fat snack.	

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Generic	Food Symbol
Nicotinic acid, combinations	
See <i>Lovastatin + Nicotinic Acid</i>	
Nifedipine [immediate-release]	✱Ⓜ
Avoid grapefruit juice.	
Nifedipine [retard, GITS & OROS]	✱Ⓜ
Avoid grapefruit juice. Swallow whole, do not chew/crush.	
Niflumic acid	✓Ⓜ
Take w/ or immediately after meals.	
Nilotinib	✕Ⓜ
Avoid food at least 2 hr before 8 at least 1 hr after a dose. Swallow whole, do not chew/ crush. Avoid grapefruit products.	
Nilutamide	✱Ⓜ
Nimesulide	✓Ⓜ
Take after meals.	
Nimodipine [cap]	✕Ⓜ
Take on an empty stomach 1 hr before or 2 hr after meals.	
Nimodipine [tab]	✱Ⓜ
Take consistently, either always w/ or always w/o meals.	
Nitazoxanide	✓Ⓜ
Nitrazepam	✱Ⓜ
Nitrendipine	✓Ⓜ
Take after meals.	
Nitrofurantoin	✓Ⓜ
Take w/ or immediately after meals.	
Nitroxoline	✓Ⓜ
Take after meals.	
Nizatidine	✱Ⓜ
Norethisterone	✱Ⓜ
Norethisterofle + Estradiol	✱Ⓜ
Norflouxacin	✕Ⓜ
Take on an empty stomach 1 hr before or 2 hr after meals, w/ a glass of water. Ensure adequate hydration. Do not take w/ dairy products.	
Norriptyline	✱Ⓜ
Nystatin	✱Ⓜ
O	
Ofloxacin	✱Ⓜ
Avoid antacids or supplements containing Fe or Zn who 2 hr before or after ofloxacin. Ensure adequate hydration.	
Olanzapine	✱Ⓜ
Olmesartan	✱Ⓜ
Olmesartan medoxomil, combinations	
See <i>Arnoldipine + Olmesartan, Hydrochlorthiazide + Olmesarfarr Medoxomil</i>	
Olsalazine	✓Ⓜ
Omega-3 fish oil	✓Ⓜ
Omeprazole [cap]	✓Ⓜ
Take immediately before a meal.	
Omeprazole [MUPS tab]	✱Ⓜ
Omeprazole [powd for oral susp]	✕Ⓜ
Take on an empty stomach at least 1 hr before a meal.	
Ondansetron	✱Ⓜ

Generic	Food Symbol
Orciprenaline ✖(1)	
Orlistat ✓(1)	
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.	
Orphenadrine ✖(1)	
May be taken w/ meals if GI upset occurs.	
Osetamivir ✖(1)	
May be taken w/ meals to reduce GI discomfort. Cap may be opened & mixed w/ sweetened food products eg chocolate ayr, sweetened condensed milk, apple sauce or yogurt. Swallow mixture immediately after preparation.	
Otilonium bromide ✖(1)	
Take before meals.	
Oxatomide ✓(1)	
Take after meals.	
Oxazepam ✖(1)	
Oxcarbazepine ✖(1)	
Oxolamine ✓(1)	
Take after meals.	
Oxprenolol ✖(1)	
Oxybutynin ✖(1)	
Oxycodone ✖(1)	
[prolonged-release]	
160 my tab must be taken on air empty stomach. Donor take w/ high fat meals. All strengths: Swallow whole, do not broaW/chew/crush. Taking broken, chewed or crushed tab leads to rapid release & absorption of a potentially fatal dose of oxycodone.	
Oxyphenbutazone ✓(1)	
Take w/ or immediately after meals.	
Oxytetracycline ✖(1)	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Oxytetracycline + Phenazopyridine + Sulfamethizole ✖(1)	
Take on an empty stomach 1 hr before or 2 hr after meals.	

P

Paliperidone ✖(1)	
Take consistently either always w/ or always w/o food. Swallow whole, do not disnide/chew/crush	
Pancreatin + Proctase ✓(1)	
Take after meals.	
Pantoprazole [controlled-release] ✖(1)	
Take 1 hr before meals. Swallow whole, do not chew/crush	
Pantoprazole [normal release] ✖(1)	
Papaverine ✖(1)	
Take w/ food, milk or antacids if GI upset occurs.	
Paracetamol ✖(1)	
Paracetamol + Tramadol ✖(1)	
Swallow whole, do not divide/chew/crush.	
Paracetamol, combinations	
See Caffeine + Paracetamol + Prop yphenazone, Chlorzoxazone + Pare cetamol, Codeine + Doxyl amine + Paracetamol, Dextropropoxyphene + Paracetamol	

Generic	Food Symbol
Paraffin, liquid ✖(1)	
Take on an empty stomach.	
Paricalcitol ✖(1)	
Paromomycin ✓(1)	
Take during meals.	
Paroxetine ✖(1)	
May be taken w/ meals to minimise GI upset.	
Pazopanib ✖(1)	
Take at least 1 hr before or 2 hr after meals. Swallow whole, do not chew/crush. Do not eat/drink grapefruit products.	
Pefloxacin ✓(1)	
Take w/ meals.	
Penbutolol ✖(1)	
Penicillamine ✖(1)	
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.	
Penicillin G ✖(1)	
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.	
Penicillin V ✖(1)	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Pentaerithrityl tetranitrate ✖(1)	
Take before meals & at bedtime.	
Pentazocine ✓(1)	
Take after meals.	
Pentosan polysulfate sodium ✖(1)	
Take at least 1 hr before or 2 hr after meals.	
Pentosifylline ✓(1)	
Pentoxyverine ✓(1)	
Pergolide ✖(1)	
May be taken w/ meals to reduce GI discomfort.	
Perhexiline ✖(1)	
Perindopril ✖(1)	
Take before meals.	
Perindopril, combinations	
See Amlodipine + Perindopril, indapamide + Prindopril	
Perphenazine ✓(1)	
Perphenazine, combinations	
See Amiinptiline + Perphenazine	
Phenazopyridine ✓(1)	
Take after meals.	
Phenazopyridine, combinations	
See Oxytetracycline + Phenazopyridine + Sulfamethizole	
Pheniramine ✓(1)	
Take after meals.	
Phenobarbital ✖(1)	
Phenoxymethylpenicillin ✖(1)	
Take on an empty stomach 1 hr before or 2 hr after meals.	
Phenylbutazone ✓(1)	
Take w/ or immediately after meals.	
Phenylephrine ✓(1)	
Phenylephrine, combinations	
See Chlorpheniramine + Phenylephrine+ Phenylpropranolamine	

Generic	Food Symbol
Phenylpropanolamine, combinations	
See Chlorpheniramine + Phenylephrine # Phenylpropranolamine	
Phenyltoloxamine, combinations	
See Codeine + Phenyltoloxamine	
Phenytoln ✓(1)	
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.	
Pholcodine ✖(1)	
Phosphate ✓(1)	
Phosphatidyl Choline + Essential Phospholipids ✖(1)	
Phytomenadione ✖(1)	
Pilocarpine ✖(1)	
Pimozide ✖(1)	
Pinaverium bromide ✓(1)	
Take w/ sdequath fluid during meals. Swallow whole, do not chew/crush/tuck	
Pinazepam ✖(1)	
Pindolol ✖(1)	
May be taken w/ meals to reduce GI discomfort.	
Pindolol, combinations	
See Clopamide + Pindolol	
Pioglitazone ✖(1)	
Pioglitazone, combinations	
See Ghmepiride + Pioglitazone, Mett'ormin + Pio9litazorre	
Piperazine ✖(1)	
Pipradrol ✖(1)	
Piracetam [soln] ✖(1)	
Take w/ a glass of water or soft dnnk after taking the undiluted scm to mask bitter taste.	
Pirenzepine ✖(1)	
Take ½ hr before meals.	
Pliribedil ✖(1)	
Take at the end of a main meal.	
Piroxicam ✓(1)	
Pitavastatin ✖(1)	
Pizotifen ✖(1)	
Poicosanol ✓(1)	
Pollomyelitis vaccine, oral ✖(1)	
Administer directly or mix w/ syrsp, milk, bread or a sugar lump.	
Posaconazole ✓(1)	
Take w/ a full meal or w/ a liqd nutritional supplement in patients who cannot eat a fall meal.	
Potassium ✓(1)	
Potassium aminobenzoate ✓(1)	
Take after meals.	
Potassium chloride ✓(1)	
Potassium citrate ✓(1)	
Dilute well w/ water before taking.	
Pramipexole ✖(1)	
May be fsken w/ meals to minimise GI side effects such as nausea.	

Generic	Food Symbol
Pramlintide ✓(1)	
Administer at meattimes. Do not administer if meal has <250 calories or <30 g carbohydrates. Do not administer if you skip a meal. Do not mis w/ insulin.	
Prasugrel ✖(1)	
Pravastatin ✖(1)	
Prazepam ✖(1)	
Praziquantel ✓(1)	
Swallow whole, do not chew/crush.	
Prazosin ✖(1)	
Starting dose is best taken w/ dinner, at least 2-3 hr before retiring. Maintenance doses may be taken w/ or w/o meals.	
Prednisolone ✓(1)	
Prednisone ✓(1)	
Pregabalin ✖(1)	
Primaquine ✓(1)	
Take w/ meals to avoid GI discomfort.	
Primidone ✖(1)	
May be taken w/ food or milk to avoid stomach upset.	
Probenecid ✓(1)	
Take w/ meals or antacids. Enaure adequate fluid intake.	
Probulcol ✓(1)	
Procinamide ✖(1)	
Best taken on an mnpty stomach 1 hr befom or 2 hr after meals. May also be taken w/ food or milk to avoid stomach upset.	
Procatrol ✖(1)	
Prochlorperazine ✖(1)	
Progesterone ✖(1)	
Proglumetacin ✓(1)	
Proguanil ✓(1)	
Take after meals. Tab may be crushed & mixed w/ milk, honey or jam just before swallowing.	
Proguanil, combinations	
See Atovaquacne + Prouanil	
Promethazine ✖(1)	
Propafenone ✓(1)	
Take after meals. Swallow whole, do not chew/crush.	
Propantheline ✖(1)	
Take ½ hr before meals.	
Propiverine ✖(1)	
Take before or after meals.	
Propranolol [cap] ✖(1)	
Take consistently either always w/ or always w/o meals.	
Propranolol [tab] ✖(1)	
Take before meals.	
Propylthiouracil ✓(1)	
Propyphenazone, combinations	
See Caffeine + Paracetamol + Propyphenazone	
Pseudoephedrine ✖(1)	
Pseudoephedrine, combinations	
See Cetirizine + Pseudoephedrine, loratadine + pseudoephedrine	
Psyllium dried seed hemicellutose ✖(1)	
Take before meals w/ a full glass of water.	
Pyrantel pamoate ✖(1)	
Pyrazinamide ✓(1)	

PRE- AND POST-PRANDIAL ADVICE

Generic	Food Symbol
Pyrazinamide, combinations See Isoniazid + Pyrazinamide + <i>Rifampicin</i>	
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 + <i>Quinapril</i>	
Quinidine Best taken at meal times.	✓(Ⓜ)
Quinine Take w/ food to minimise GI discomfort.	✓(Ⓜ)
R	
Rabeprazole [delayed-release]	±(Ⓜ)
Racecadotril	±(Ⓜ)
Racemethionine	✓(Ⓜ)
Raloxifene	±(Ⓜ)
Raltegravir	±(Ⓜ)
Rametteon Take w/in 30 mm of bedtime. Do not take w/ or immediately after a high fat meal.	×(Ⓜ)
Ramipril	±(Ⓜ)
Ramosetron	±(Ⓜ)
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).	±(Ⓜ)
Rebampide	±(Ⓜ)
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 <i>Hydralazine</i> + <i>Hydra- chlorothiazide</i> + <i>Reserpine</i> , <i>Hydroflumethiazide</i> + <i>Reserpine</i>	
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 + <i>Rifampicin</i> , <i>Isoniazid</i> + <i>Rifampicin</i>	
Rilmenidine Take before meals.	×(Ⓜ)
Riluzole Take on an empty stomach at least 1 hr before or 2 hr after meals.	×(Ⓜ)
Rimonabant Take before breakfast.	×(Ⓜ)
Risedronate 5 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.Drink1mlm 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 <i>Lopinavir</i> , + <i>Ritonavir</i>	
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 <i>Glimepiride</i> + <i>Rosiglitazone</i> , <i>Metformin</i> + <i>Rcsglitazone</i>	

Generic	Food Symbol
Rosuvastatin	±(Ⓜ)
Rotavirus vaccine, oral	±(Ⓜ)
Roxithromycia Take before meals.	×(Ⓜ)
S	
Saibutamol Take 1 hr before or 2 hr after meals.	×(Ⓜ)
Salsalate Take w/ food or milk.	✓(Ⓜ)
Saquinavir Take w/ meals or up to 2 hr after meals.	✓(Ⓜ)
Saw palmetto	✓(Ⓜ)
Saxagilipatin	±(Ⓜ)
Selegiline	✓(Ⓜ)
Serratiopeptidase Take after meals.	✓(Ⓜ)
Sertindole	±(Ⓜ)
Sertraline	±(Ⓜ)
Sevelamer	✓(Ⓜ)
Sibutramine	±(Ⓜ)
Sildenafil	±(Ⓜ)
Sitodolin	✓(Ⓜ)
Silymarin Take after meals.	✓(Ⓜ)
Simeticone Take after meals & at bedtime for best results.	±(Ⓜ)
Simeticone, combinations See <i>Hydrotalcite</i> + <i>Simeticone</i>	
Simvastatin Avoid excessive consumption (>1 L/day) of grapefruit juice.	±(Ⓜ)
Simvastatin, combinations See <i>Ezetimibe</i> + <i>Simvastatin</i>	
Sirotimus Take consistently either always w/ or always w/o meals. Avoid grapefruit juice.	±(Ⓜ)
Sitagliptin	±(Ⓜ)
Sitagliptin, combinations See <i>Metformin</i> + <i>Sitagliptin</i>	
Sitaxentan Swallow whole.	±(Ⓜ)
Sodium ascorbate	±(Ⓜ)
Sodium bicarbonate	×(Ⓜ)
Sodium bicarbonate, combinations See <i>Terpenless Dill Seed Oil</i> + <i>Sodium Bicarbonate</i>	
Sodium citrate Take 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 picosulfate	±(Ⓜ)
Sodium valproate	✓(Ⓜ)
Solifenacin Swallow whole, do not chew/crush.	±(Ⓜ)
Sorafenib Take on an empty stomach or w/ a low or moderate fat meal. 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 <i>Metronidazole</i> + <i>Spiramycin</i>	
Spironolactone	✓(Ⓜ)
St John's Wort Preferably taken w/ or after meals.	✓(Ⓜ)
Stavudine	±(Ⓜ)
Sterculia Take after meals. The granules should be placed dry on the tongue & w/o 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.	✓(Ⓜ)
Strontium 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.	×(Ⓜ)
Sulbutamine	✓(Ⓜ)
Sulfadoxine, combinations See <i>Pyrimethamine</i> + <i>Sulfadoxine</i>	
Sulfamethizole, combinations See <i>Oxytetracycline</i> + <i>Phenazopyndine</i> + <i>Sulfamethizole</i>	
Sulfamethoxazole	×(Ⓜ)
Sulfamethoxazole + Trimethoprim See <i>Co-trimoxazole</i>	
Sulfasalazine Take after meals. Ensure adequate fluid intake.	✓(Ⓜ)
Sulfapyrazone	✓(Ⓜ)
Sulfisoxazole May be taken w/ meals to reduce GI discomfort.	±(Ⓜ)
Sulfisoxazole, combinations See <i>Erythromycin</i> + <i>Sulfisoxazole</i>	
Sulindac	✓(Ⓜ)
Sulodexide	×(Ⓜ)
Sulpiride	±(Ⓜ)
Sultamicillin (ampicillin & sulbactam)	±(Ⓜ)
Suthiame	✓(Ⓜ)
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.	×(Ⓜ)

Generic	Food Symbol
Tadalafil	±Ⓜ
Tamoxifen	±Ⓜ
Tamsulosin [cap]	✓Ⓜ
Take ½ hr following the same meal daily. Swallow whole, do not open/chew/crush.	
Tamsulosin [orodispersible extended release tab]	✓Ⓜ
Take after meals. Place on the tongue & allow to dissolve. Then, swallow w/ saliva or water.	
Tamsulosin [prolonged release tab]	±Ⓜ
Swallow whole, do not chew/crush.	
Tamsulosin, combinations	
See <i>Dutasteride + Tamsulosin</i>	
Tapentadol	±Ⓜ
Tegafur + Uracil	×Ⓜ
Take at least 1 hr before or 1 hr after meals.	
Telbivudine	±Ⓜ
Telithromycin	±Ⓜ
Telmisartan	±Ⓜ
Telmisartan, combinations	
See <i>Amlodipine + Telmisartan</i> , <i>Hydrochlorothiazide + Telmisartan</i>	
Temazepam	±Ⓜ
Temozolomide	×Ⓜ
Take on an empty stomach at least 1 hr before meals.	
Tenofovir	±Ⓜ
Take consistently either always w/ or always w/o food.	
Tenofovir, combinations	
See <i>Efavirenz + Emtricitabine + Tenofovir</i> , <i>Emtric, tabine + Tenofovir</i>	
Tenoxicam	✓Ⓜ
Take w/ or immediately after meals.	
Tepranone	✓Ⓜ
Take after meals.	
Terazosin	±Ⓜ
Terbinafine	±Ⓜ
Terbutafife	±Ⓜ
Terpeneless Dill Seed Oil + Sodium Bicarbonate	✓Ⓜ
Take during or after feeds.	
Testosterone undecanoate	✓Ⓜ
Tetrabenazine	±Ⓜ
Tetracycline	×Ⓜ
Take on an empty stomach 1 hr before or 2 hr after meal w/ a full glass of water, in upright position. May be taken w/ meals to reduce GI discomfort.	
Thalidomide	×Ⓜ
Take ones empty stomach at least 1 hr after a meal, w/ a full glass of waler.	
Theophylline	±Ⓜ
May be taken w/ meals to reduce GI discomfort. Some individual prep must be taken w/ meals or on an empty stomach. Refer to monographs for individual formulations.	
Thiimine (Vit B1)	✓Ⓜ

Generic	Food Symbol
Thiamine (Vit B1) + Pyridoxine (Vit B6) + Vit B12	✓Ⓜ
Swallow whole, do not chew/ crush.	
Thiamine, combinations	
See <i>Chlordiazepoxide + Metamizole + Thiamine, Iron + Vitamin B Complex, vitamin B Complex</i>	
Thioguanine	×Ⓜ
Thioridazine	✓Ⓜ
Thiothixene	✓Ⓜ
Take w/ meals to reduce GI discomfort.	
Thyroxine	×Ⓜ
Take on an empty stomach ½ -1 hr before meals.	
Tagabine	✓Ⓜ
Tianeptine	×Ⓜ
Take before main meals.	
Tiaprofenic acid	✓Ⓜ
Tibolone	±Ⓜ
Ticagrelor	±Ⓜ
Ticlopidine	✓Ⓜ
Timolol	✓Ⓜ
Tindazole	✓Ⓜ
Take during or irrimediately after meals.	
Tiopronin	×Ⓜ
Take on an empty stomach at least ½ hr before or 2 hr after meals. Ensure adequate fluid intake.	
Tipepidine	✓Ⓜ
Take after meals.	
Tipranavir	✓Ⓜ
Tiropamide	±Ⓜ
Tolazamide	✓Ⓜ
Tolbutamide	✓Ⓜ
Totcapone	±Ⓜ
Tofenamic acid	✓Ⓜ
Take w/ or immediately after meals.	
Tolmetin	✓Ⓜ
Take w/ or immediately after meals.	
Tolperisone	✓Ⓜ
Tolterodine	±Ⓜ
Tolvaptan	±Ⓜ
Swallow whole, do not chew/ crush. Avoid grapefruit juice.	
Topiramate	±Ⓜ
Topotecan [cap]	±Ⓜ
Swallow whole. do not open/chew/crush.	
Torasemide	±Ⓜ
Toremifene	±Ⓜ
Tramadol	±Ⓜ
Tramadol, combinations	
See <i>Paracetamol + Tramadol</i>	
Trandolapril	±Ⓜ
Trandolapril + Verapamil	✓Ⓜ
Tranexamic acid	±Ⓜ
Trazodone	✓Ⓜ
Take shortly after a meal or a light snack.	
Tretinoin	✓Ⓜ
Trlamicinolone	✓Ⓜ
Triamterene	✓Ⓜ
Take after meals.	
Triamterene, combinations	
See <i>Hydrochlorothiazide + Triamterene</i>	

Generic	Food Symbol
Triazolam	±Ⓜ
Tribenoside	✓Ⓜ
Take during or after meals.	
Trlentine hydrochloride	×Ⓜ
Take on an empty stomach at least 1 hr before or 2 hr after meals, & at least 1 hr before or after any other medicine, food or milk.	
Trifluoperazine	✓Ⓜ
Triflusal	✓Ⓜ
Trihexyphenidyl	✓Ⓜ
Best taken w/ meals. Take before meals if dry mouth occurs, after meals if drooling/nausea occurs. Take at the same time each day.	
Trimebutine	±Ⓜ
Trimeprazine	±Ⓜ
Trimetazidine	✓Ⓜ
Trimethoprim	✓Ⓜ
Trimipramine	±Ⓜ
Triossalen	±Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Tripolidine	±Ⓜ
Troleandomycin	×Ⓜ
Tropisetron	×Ⓜ
Take in the morning immediately upon rising 1 hr before breakfast	
Trosplum chloride	×Ⓜ
Take 1 hr before meals or on an empty stomach.	
Trovafoxacin	±Ⓜ
Troxerutin, combinations	
See <i>Ginkgo Bilaba + Heptaminol + Troxerutin</i>	
Typhoid vaccine, oral	×Ⓜ
Take 1 hr before meals.	
U	
Ubidecarenone	✓Ⓜ
Take after meals.	
Ulipristal	±Ⓜ
Uracil, combinations	
See <i>Tegafur + Uracil</i>	
Ursodeoxycholic acid	✓Ⓜ
V	
Valaciclovir	±Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Valdecoxib	±Ⓜ
Valganciclovir	✓Ⓜ
Take during or immediately after meals.	
Valsartan	±Ⓜ
Valsartan, combinations	
See <i>Amlodipine + Valsartan</i> , <i>Amladipine + Valsartan + Hydrochlorothiazide</i>	
Vancomycin	±Ⓜ
Vardenafil	±Ⓜ
Venlafaxine	✓Ⓜ
Verapamil	✓Ⓜ
Verapamil, combinations	
See <i>Trendolapril + Verapamil</i>	
Vigabatrin	±Ⓜ

Generic	Food Symbol
Vildagliptin	±Ⓜ
Vildagliptin, combinations	
See <i>Metformin + Vildagliptin</i>	
Vinpocetine	✓Ⓜ
Take after meals.	
Vitamin A	✓Ⓜ
Vitamin B Complex	±Ⓜ
May be taken w/ meals to reduce GI discomfort.	
Vitamin B12, combinations	
See <i>Thiamine (Vit B1) + Pyridoxine (Vit B6) + Vit B12</i>	
Vitamin C	±Ⓜ
Vitamin D, combinations	
See <i>Calcium Carbonate + Vitamin D</i>	
Vitamin E	✓Ⓜ
Voglibose	✓Ⓜ
Take just before meals.	
Voriconazole [susp]	×Ⓜ
Take at least 1 hr before or 2 hr after meals.	
Voriconazole [tab]	×Ⓜ
Take at least 1 hr before or after meals.	
Vorinostat	✓Ⓜ
Swallow whole, do not open/chew/crush.	
W	
Warfarin	±Ⓜ
X	
Ximelagatran	±Ⓜ
Z	
Zafirlukast	×Ⓜ
Take at least 1 hr before or 2 hr after meals.	
Zalcitabine	×Ⓜ
Zaleplon	±Ⓜ
Do not take w/ or immediately after a heavy or high fat meal	
Zidovudine	±Ⓜ
Zidovudine, combinations	
See <i>Abacavir + Lamivudine + Zidovudine</i> , <i>Lamivudine + Zidovudine</i>	
Zileuton [extended-release tab]	✓Ⓜ
Take w/in 1 hr after meals. Swallow whole, do not chew/crush/cut.	
Zileuton [normal release prep]	±Ⓜ
May be taken w/ meals & at bedtime.	
Zinc supplements	×Ⓜ
Best taken at least 1 hr before or 2 hr after meals. May be taken w/ meals to reduce GI discomfort.	
Ziprasidone	✓Ⓜ
Zofenoprit calcium	±Ⓜ
Zolmitriptan	±Ⓜ
Zolpidem	×Ⓜ
Do not take w/ or immediately after a meal.	
Zonisamide	±Ⓜ
Zopiclone	±Ⓜ
Zotepine	±Ⓜ
Zuclopenthixol	±Ⓜ