

Food for Thought

How are antibiotics impacted by what we eat?

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Choosing what's for dinner may not *seem* as important as choosing an appropriate antibiotic - BUT both can impact treatment of infections. Some food and beverages interfere with the way our body absorbs and metabolizes oral medications.



Antibiotics can disrupt good bacteria of our gut, causing diarrhea. It's important to maintain a *well-balanced diet* when taking antibiotics

Certain food impacts the way our body interacts with antibiotics *both for better and for worse!* Here are some examples:

Metronidazole

- *Avoid* consuming *alcohol* and alcohol-containing products (ex. mouthwash) while taking
- Even small amounts can lead to severe nausea, vomiting, flushing, and belly pain

Doxycycline & Minocycline

- Take 1 hour before or 2 hours after eating, with a large glass of water
- *Avoid* taking with *calcium-containing foods* (orange juice, formula, yogurt, cheese, milk, etc) which reduce absorption

Ciprofloxacin, Levofloxacin & Moxifloxacin

- Take 2 hours before or 4-6 hours after high-iron or calcium-containing foods or formula
- *Calcium, iron, aluminum, magnesium* and *zinc* can reduce absorption

Some antibiotics are not affected by meals and can be given with or without food/beverages, however giving with food can *improve tolerance*:

- Amoxicillin, amoxicillin-clavulanate
- Cephalexin, cefdinir, cefpodoxime, cefixime
- Azithromycin, erythromycin, clarithromycin



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Guest author, Dr. Abbey Elsbernd, is a 3rd year resident and future Hematology/oncology fellow at Children's Mercy! She is thrilled to stay in KC to continue her training! She loves spending time with friends, family, and little cat, Newton.