

Do you see people who are prescribed drugs?

Five key drug-nutrition interactions to include in your clinical practice



Cheatsheet

These are questions to keep in mind when reviewing your patient's list of prescribed drugs. These questions are not limited to our examples!

1

Is there more than one drug that alters the availability of a particular nutrient?

Example: pantoprazole + frusemide/furosemide reduce availability of magnesium

If **Yes** then an intervention may be appropriate

2

Is a mineral supplement administered at the same time as thyroxine or levodopa?

Example: thyroxine + calcium, levodopa + iron

If **Yes** then an intervention may be appropriate

3

Do several of the prescribed drugs have a common side effect that your patient is experiencing?

Example: dry mouth and combination of aspirin + amiloride + sertraline

If **Yes** then an intervention may be appropriate

4

Do any of the prescribed drugs contain excipients (ingredients) that are contraindicated on the basis of medical, or cultural/religious, or personal philosophy?

Examples: medical (gluten, lactose), culture/religion (pork, beef), personal philosophy (gelatine and vegetarianism)

If **Yes** then a review of the intervention may be appropriate

5

Are Blood Sugar Levels (BSL) checked between midday and midnight if prednisolone is prescribed?

If **No** then timing of BSL testing may require review