



Minnesota Poison Control System

www.mnpoison.org

COMMON MEDICATION INTERACTION LIST

Medication and Herbal Interactions

Herb	Medication	Result
Aloe	Diuretics	Decreases potassium levels
Aloe	Steroids, hormones, laxatives	Decreases potassium levels
Cayenne	Anticoagulants	Increases blood clotting time
Dong quai	Anticoagulants	Increases blood clotting time
Ephedra	High blood pressure medications	Increases blood pressure
Ephedra	Diabetic medications	Increases blood sugars
Garlic	Anticoagulants, aspirin	Increases blood clotting time
Garlic	Diabetic medications	Decreases blood sugars
Ginko biloba	Anticoagulants	Increases blood clotting time
Ginko biloba	Diuretics	Increase blood pressure
Ginseng	Digoxin (Lanoxin®)	Increase medication level
Ginseng	Anticoagulant	Increase blood clotting time
Ginseng	Estrogens	Increase medication level
Ginseng	High blood pressure medications	Increase blood pressure
Ginseng	Diabetic medications	Decreases blood sugar
Glucosamine	Diabetic medications	Alters blood sugar
Goldenseal	Sedatives	Increases sedative effect
Hawthorn	High blood pressure medications	Decreases blood pressure
Hawthorn	Digoxin (Lanoxin®)	Increases medication level
Kava-kava		Liver damage
Peppermint	Ulcer medications	Possible acid reflux
St. John's Wort	Steroids, antidepressant medications, theophyllin, warfarin, cyclosporine, digoxin, inivrase	Alters medication level
Valarian	Antidepressants, ethanol	Increases sedative effect



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Medication-Medication Interactions

Medication	Medication	Result
Antihistamine	Sedative medications	Increase sedative effect
Antacids	Antibiotics, digoxin, quinidine	Decreases medication effectiveness
Decongestants	High blood pressure medications	Increase blood pressure
Diphenhydramine	High blood pressure meds	Increase blood pressure
Ethanol	Sedative medications	Increase sedative effects
Warfarin	Aspirin, ibuprofen, naproxen	Increase blood clotting time
Viagra®	Nitroglycerin, isosorbide	Decrease blood pressure

Medication-Food Interactions

Food	Medication	Result
Asparagus, spinach, broccoli	Anticoagulants	Decreases blood clotting time
Grapefruit	Statin medications	Interferes with medication levels

Reminders

- Always Read the Label of Your Prescription or OTC Medications for Any Interactions
- Contact Your Doctor, Pharmacist, or the Poison Center If You Have Any Questions Regarding Medication Interactions