Drug Nutrient Interactions (ALL)

**Description**
- Use of prescription or over-the-counter medications that interfere with nutritional status
- Side effects: altered taste, stomach irritation, decreased appetite, changes in absorption or use of nutrients

**Assess Readiness for Change:** with open ended questions

- “Sam’s xx (i.e. medication: Ritalin) for (i.e. condition: ADHD) can cause xx (i.e. loss appetite & weight loss). What side effects have you noticed?”
- “What side effects from xx (i.e. medication: Ritalin) did the Dr tell you to watch for?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td>Not ready</td>
<td>“I’m glad you feel he is eating well. It can be hard to tell sometimes since children’s appetites vary. It looks like he is gaining, but not as steadily as he was. How has his eating changed?”</td>
<td>“It would be a good idea to check his weight next appointment. Would you be interested in a feeding guide? If he is still losing, we can talk about some ideas to increase calories. How would that be?”</td>
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<td>“How often does he eat? How does he do at sitting at the table with the family and finishing his food at mealtime?”</td>
<td>Offer feeding suggestions for disease/condition</td>
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<td>Breastfeeding &amp; Pregnancy</td>
<td>Not high risk but refer to RD if above comfort level</td>
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#### Breastfeeding & Pregnancy

- Some medications not safe in pregnancy or BF - Consult: Medications in Mother’s Milk or PDR
  - When meds interfere with BF, temporarily pump, dispose of milk until may resume BF

#### Education Resources

- [http://www.pharmacistelink.com/naturalmedicine/pdfs/P4880x1204DrugChart.pdf](http://www.pharmacistelink.com/naturalmedicine/pdfs/P4880x1204DrugChart.pdf) Resource - Drug Nutrient Interaction Chart