

Food - Drug Interactions

Does the food you eat affect the medicine you are taking?

**Furosemide (Lasix®)
Hydrochlorothiazide (Hydrodiuril®)
Indapamide (Lozol®)**

What are these medications used for?

They are diuretics that treat fluid retention and high blood pressure.

What foods should I watch out for if I take these medications?

- ♦ **Avoid** alcohol
- ♦ If recommended by your provider, eat foods high in potassium, such as:

Bananas	Apricots	Dried Fruit
Cantaloupe	Honeydew	Orange Juice
Kiwi	Prune Juice	Strawberries
Oranges	Spinach	Tomatoes
Broccoli	Cauliflower	Carrots
Beans	Bran Cereal	Winter Squash



What could happen if I take these medications with alcohol or if I do not eat enough high potassium foods?

Nausea	Vomiting
Drowsiness	Muscle cramps
Stomach cramps	