

## Expanded List of Medications That Interact with Grapefruit

An expanded list of medications that may interact with grapefruit was released by the Canadian Medical Association Journal in November, 2012 (the link to the list is below). Many commonly prescribed cardiac drugs are now included on the list, among them amiodarone, amlodipine, warfarin, sotalol, along with Revatio and statin drugs and many others. For 43 of the 85 drugs now on the list, consumption with grapefruit can be life-threatening. Older people may be more vulnerable, because they are more likely to be both taking medications and drinking more grapefruit juice.

The effects can be dramatic, for example, someone taking simvastatin (brand name Zocor) who also drinks a small 200-milliliter, or 6.7 ounces, glass of grapefruit juice once a day for three days could see blood levels of the drug triple, increasing the risk for kidney damage. It is not enough to avoid taking your medicine at the same time as grapefruit. You must avoid consuming grapefruit the whole period that you are on the medication. The interaction also can be caused by other citrus fruits, including Seville oranges, limes and pomelos; one published case report has suggested that pomegranate may increase the potency of certain drugs. If you are taking a drug on the list, and cannot live without grapefruit, ask your doctor if there's an alternative drug for you.

<http://www.cmaj.ca/content/suppl/2012/11/26/cmaj.120951.DC1/grape-bailey-1-at.pdf>