

24 FOOD & DRUG INTERACTIONS

The pairs NCLEX repeats

PAIRING	WHY IT MATTERS
Warfarin + vitamin K (leafy greens)	Antagonizes effect → keep intake consistent , not zero.
MAOIs + tyramine (aged cheese, cured meat, wine)	Hypertensive crisis.
Grapefruit juice	Inhibits CYP3A4 → ↑ levels of statins, CCBs, some immunosuppressants, amiodarone.
Tetracyclines/fluoroquinolones + dairy/antacids/iron	Chelation → ↓ absorption; separate doses.
Levothyroxine + calcium/iron/food	↓ absorption → take AM empty stomach.
Metronidazole/some cephalosporins + alcohol	Disulfiram reaction.
ACE/ARB/K-sparing + K supplements / salt substitutes	Hyperkalemia.
Digoxin + diuretics	Hypokalemia → digoxin toxicity.
Nitrates + PDE-5 (sildenafil)	Severe hypotension.
SSRIs/SNRIs + MAOIs/triptans/tramadol	Serotonin syndrome.
NSAIDs + anticoagulants / lithium / ACE	↑ bleed; ↑ lithium; ↓ renal/antihypertensive effect.

25 ANTIDOTE / REVERSAL QUICK TABLE

Pure recall — own these

DRUG / TOXIN	ANTIDOTE / REVERSAL
Heparin	Protamine sulfate
Warfarin	Vitamin K (phytonadione) ± FFP/PCC
Dabigatran	Idarucizumab
Apixaban/rivaroxaban (Xa)	Andexanet alfa
Opioids	Naloxone
Benzodiazepines	Flumazenil
Acetaminophen	N-acetylcysteine
Digoxin	Digoxin immune Fab
Magnesium	Calcium gluconate
Iron	Deferoxamine
Lead	EDTA / succimer / dimercaprol
Organophosphates	Atropine + pralidoxime
Ethylene glycol / methanol	Fomepizole (or ethanol)
Methotrexate	Leucovorin
Insulin (hypoglycemia)	Dextrose 50% / glucagon
Cyanide	Hydroxocobalamin / cyanide kit
tPA / thrombolytic bleed	Aminocaproic acid, cryo/FFP