



FDA Announces New Warning on Plavix: Avoid Use with Prilosec [Omeprazole]

Patients should avoid using the stomach acid reducer Prilosec (omeprazole)

Losec® in Egypt with the anti-clotting drug Plavix (clopidogrel), the U.S. Food and Drug Administration warned on Nov. 17, 2009.

New data suggest that when patients take both Prilosec and Plavix, Plavix's ability to block platelet aggregation (anti-clotting effect) may be reduced by about half.

"Both of these drugs, when used properly, provide significant benefits to patients." said Mary Ross Southworth, Pharm.D., of the Division of Cardiovascular and Renal Products in the FDA's Center for Drug Evaluation and Research. "However, patients at risk for heart attacks or strokes who use Plavix to prevent platelet aggregation will not get the full effect of this medicine if they are also taking Prilosec.

Plavix is used to prevent blood clots that could lead to heart attacks or strokes in at-risk patients. Omeprazole, the active ingredient of Prilosec / Losec® is a proton pump inhibitor (PPI) used to reduce the production of stomach acid and prevent stomach irritation.



Plavix does not have anti-clotting effects until it is converted or metabolized into its active form with the help of the liver enzyme, CYP2C19. Prilosec blocks this enzyme, thereby reducing the effectiveness of Plavix .

the FDA requested new studies from the drug's manufacturers, sanofi-aventis and Bristol-Myers-Squibb. These new studies support the existence of a significant interaction that could negatively impact a person's health. Based on the current scientific information, the Plavix label has been updated with new warnings about the use of Prilosec and other drugs that inhibit the CYP2C19 enzyme and that could interact with Plavix in the same way.

The new studies compared people who took Plavix and Prilosec together with people who took Plavix alone. A reduction in Plavix's anti-clotting effect was found in those individuals who took the combination.



Pharma Info Line

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Similar results were seen irrespective of whether the two drugs were taken at the same or different times of day.

It is unknown how other PPIs may interfere with Plavix.

Other drugs that should not be used with Plavix because they may have a similar interaction with CYP2C19 include:

Nexium (esomeprazole), Tagamet and Tagamet HB (cimetidine), Diflucan (fluconazole), Nizoral (ketoconazole), VFEND (voriconazole), Intelence (etravirine), Felbatol (felbamate), Prozac, Serafem, Symbyax (fluoxetine), Luvox (fluvoxamine) and Ticlid (ticlopidine).

Patients who take Plavix and need to take a drug to reduce stomach acid should discuss their therapy with a health care professional.

Zantac (ranitidine), Pepcid (famotidine), Acid (nizatidine), and antacids do not inhibit the CYP2C19 enzyme and aren't expected to interfere with the anti-clotting activity of Plavix.

Source

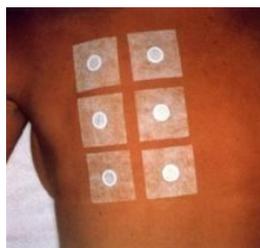
- [Wwww.fda.gov](http://www.fda.gov)



Funny Health Care Stories

1. **D**uring a patient's two-week follow-up appointment with his cardiologist, he informed me, his doctor, that he was having trouble with one of his medications. "Which one?" I asked. "The patch. The nurse told me to put on a new one every six hours and now I'm running out of places to put it!" I had him quickly undress and discovered what I hoped I wouldn't see. Yes, the man had over fifty patches on his body! Now, the instructions include removal of the old patch before applying a new one.

**-Submitted by
Dr. Rebecca St.
Clair**



2. **I** was performing a complete physical, including the visual acuity test. I placed the patient twenty feet from the chart and began, "Cover your right eye with your hand." He read the 20/20 line perfectly. "Now your left." Again, a flawless read. "Now both," I requested. There was silence. He couldn't even read the large E on the top line. I turned and discovered that he had done exactly what I had asked; he was standing there with both his eyes covered. I was laughing too hard to finish the exam.

**-Submitted by
Dr. Matthew
Theodopolous,**



Diet For Renal Patient

1. Fluid & Fluid Control

- **Sodium and water restriction as needed to avoid volume overload**

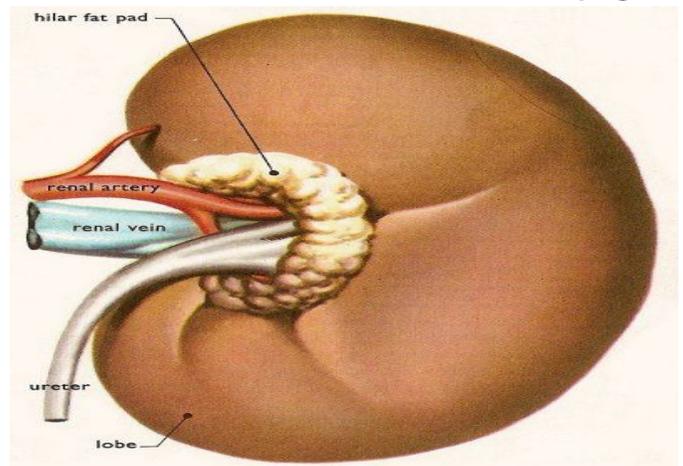
Kidneys help control the amount of fluid that leaves your body. If your kidney disease progresses, your kidneys may be unable to regulate the removal of fluid from your body and as a result your doctor may ask you to limit your fluid intake. Too much fluid may cause swelling, shortness of breath, or high blood pressure.

Examples of fluids include: Coffee, Tea, Soups, Ice cream, Milk, liquid creamer, Water, wine, beer and Gelatin.

- Drink only when thirsty.
- Eat less salt so you will feel less thirsty .
- Brush your teeth three to four times a day; this is to prevent your mouth from drying out .
- Suck on a lemon wedge .
- If you have diabetes, control your blood sugar .
- Take your medications with sips of fluid .
- Measure how much fluid your favorite cup or glass holds so you will be better able to monitor the amount of fluid you drink .
- After measuring out the total amount of fluid you can drink for the day, place the water in a container. During the day drink only from this container so you can keep an eye on the amount of fluid you have consumed.

2. The Renal Diet- Phosphorus

Phosphorus is a mineral that works with calcium to keep your bones healthy and strong. Phosphorus is needed by the body for building and maintaining bones and teeth and for normal nerve and muscle function. When kidney function declines, the body has a difficult time keeping phosphorus and calcium in balance. As a result of this imbalance, the body cannot get rid of excess phosphorus (phosphorus levels increase) and the body cannot take in



Enough calcium (calcium levels decrease). To try and correct this imbalance the body will “steal” calcium from the bones, which makes the bones weak. Problems associated with high phosphorus levels include itchy skin, bone and joint pain, and brittle bones.

- **Phosphate restriction starting early in chronic kidney disease .**

Foods that are high in phosphorus : Cola Drinks, Peanut Butter, Cheese, Chicken/beef liver, Sardines, Nuts, Caramels, Beer, Ice Cream .

Lower phosphorus food substitutes : Broccoli, Non-dairy milk substitute, Sherbet, Non-cola soda, Hard Candy.

A large serving size of a low phosphorus food can become a high phosphorus food.

3. The Renal Diet- Potassium

- **Potassium restriction**

Potassium helps to keep your nerves and muscles, especially your heart, working properly. Potassium is a mineral and can be found in many foods. The kidneys are responsible for helping to keep the correct amount of potassium in your body. It can be very dangerous if your potassium level is too high. Too much potassium can make your heart beat irregularly or even stop without warning.

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Foods that are high in potassium include: Bananas, Broccoli, Chocolate, Oranges, Potatoes, Coffee (limit to 2 cups per day), Cantaloupe, Tomatoes, Salt Substitute, Prunes, Mushrooms, Bran & bran products, Raisins, Greens (swiss chard, Nuts & dried fruit, Collard, dandelion, Mustard, and beet).

Low-potassium foods include : Apples, Beans (green or wax), Rice, Grapes, Cucumber, Noodles, Pears, Onions, Cake, Watermelon, Lettuce, Cereal, Cranberries, Carrots, Bread & bread products, Cherries.

4.The Renal Diet- Protein

Protein restriction early in chronic kidney disease as a means to delay a decline in the GFR is controversial.

As your body breaks down protein foods, waste products called urea are formed. As kidney function declines, urea builds up in the bloodstream. Eating too much protein may cause urea to build up more quickly. This will make you feel sick. Eating less protein may be helpful in reducing your blood urea levels. Reducing protein intake must be monitored by your doctor and dietician.

Foods high in protein are: Meat, Poultry, Milk Products, Eggs.

Foods low in protein are : Fresh beans (pinto, kidney, navy), Grains, Vegetables.

5.The Renal Diet- Sodium

As kidney function declines, sodium and fluids may accumulate in your body. Fluid retention may cause swelling in your eyes, hands, and/or ankles. To keep your sodium level in balance, your doctor may ask you to limit the sodium in your diet.

Foods high in sodium are: Bouillon cubes, Potato chips, Nuts, Cheese, Canned vegetables, Processed dinner mixes (such as Hamburger).

Low sodium alternatives: Season with a variety of spices like garlic and oregano, Use lemon.

Source

- Medical College of Wisconsin Division of Nephrology
<http://www.mcw.edu>.

