

NR 293 Week 4 Discussion: Implications of Medications with Food and Home Remedies

Please choose a Respiratory Medication and discuss its implications and potential interactions when taken with foods and home remedies. What would you teach a patient about your chosen drug?

Isoniazid (INH)

Hello Class!

Isoniazid also called INH belongs to the antitubercular drug classification. This is first-line therapy for active tuberculosis which is given in combination with other antitubercular agents like rifampin, ethambutol, and pyrazinamide. Isoniazid works by inhibiting the cell wall synthesis of mycobacterium and interfering with its metabolism (Lilley et al., 2020).

INH should be administered 1 to 2 hours before or after the meal and after the intake of antacids because it decreases the bioavailability of the drug. Along with alcohol, some of the food that should be avoided during Isoniazid therapy is red wine, aged cheese, dried meats, and tuna or other types of fish (University of Michigan, 2017). According to research, foods that are high in tyramine like chickpeas, soybeans, peanuts are highly interacting with Isoniazid whereas oleanolic acid found in foods like olive oil, garlic, and some herbal products are found to have a significant result in patient health as they have antimycobacterial function against Mycobacterium tuberculosis