Diet Changes When Taking Ciprofloxacin (Cipro)

This medicine is an antibiotic to treat an infection. There are some diet changes that help the medicine work well in your body.

Be sure to tell your doctor and pharmacist about any other medicines you are taking. Include prescription and over the counter medicines, as well as any vitamins or herbal products you use.

When you take the medicine

- Take the medicine with a full 8-ounce glass of water or juice.
- Take Cipro at least 1 hour before and 2 hours after taking:
  - Antacids
  - Multivitamins
  - Calcium supplements
  - Nutrition supplements such as Boost, Ensure or Glucerna
  - Any dairy product such as milk, cheese or yogurt
  The calcium or iron in these products can limit the amount of the medicine that your body takes in to fight the infection.
- Avoid caffeine during the time you are on this medicine. Caffeine is in products like coffee, tea, chocolate and soft drinks like cola.
- Drink at least 8 cups of fluids each day while you are taking this medicine to help prevent kidney problems.
If you have questions about your diet, please call the Department of Nutrition Services.

- At University Hospital or The James, (614) 293-8711
- At University Hospital East, (614) 257-3185

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.