

Diet Changes When Taking Ciprofloxacin (Cipro)

This medicine is an antibiotic to treat an infection. Follow the diet changes below to help the medicine work well in your body. 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

- Cipro can be taken with or without food.
- Take Cipro with a full, 8-ounce glass of water or juice.
 - **Do NOT** take this medicine with milk or calcium-fortified drinks like milk substitutes or orange juice.
 - Cipro can be taken with meals that contain dairy products, such as milk, cheese or yogurt, but not alone with dairy products.
- Take Cipro at least **2 hours before and 6 hours after** taking:
 - Antacids
 - Multivitamins
 - Calcium, iron, zinc or magnesium supplements
 - Nutrition supplements ,such as Boost, Ensure or Glucerna

The calcium, iron, zinc or magnesium in these products can limit the amount of the medicine that your body takes in to fight the infection.
- Cipro can cause caffeine to build up in your system. **Avoid caffeine while you are on this medicine.** Caffeine is in products like coffee, tea, chocolate and soft drinks like cola.
- **Drink at least 8, 8-ounce glasses of fluids each day** while you are taking this medicine to help prevent kidney problems.



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For more health information, go to patienteducation.osumc.edu, call 614-293-3707 or email health-info@osu.edu.