



12 medicines you should NOT take with coffee

1. Thyroid medicines (e.g., Levothyroxine)

- ☞ *What happens:* Coffee reduces how much medicine your body absorbs
- ☞ *Explanation:* Coffee blocks the medicine from entering your body properly, so it doesn't work well.
- 🚫 May reduce absorption significantly and make treatment ineffective

2. Antibiotics (e.g., Ciprofloxacin, Norfloxacin)

- ☞ *What happens:* Coffee can either reduce absorption or increase side effects
- ☞ *Explanation:* Coffee can make the antibiotic weaker or cause more side effects like shakiness.

3. Antidepressants (e.g., SSRIs, tricyclics)

- ☞ *What happens:* Coffee reduces effectiveness or increases side effects
- ☞ *Explanation:* Coffee may stop the medicine from working properly or make you feel more anxious or jittery.

4. Antipsychotic medicines (e.g., Clozapine)

- ☞ *What happens:* Coffee can increase drug levels in the body
- ☞ *Explanation:* Coffee can cause too much of the medicine to stay in your body, increasing side effects.

5. Blood pressure medicines

- ☞ *What happens:* Reduced absorption + coffee increases blood pressure
- ☞ *Explanation:* Coffee can cancel out the effect of your BP medicine.

6. Blood thinners (e.g., Warfarin)

☞ *What happens:* Increased risk of bleeding

☞ *Explanation:* Both coffee and the medicine thin your blood, so together they can increase bleeding risk.

7. Cold & allergy medicines (e.g., pseudoephedrine)

☞ *What happens:* Too much stimulation

☞ *Explanation:* Both are stimulants, so together they can cause fast heartbeat, anxiety, and insomnia.

8. Asthma medicines (e.g., Theophylline)

☞ *What happens:* Increased side effects

☞ *Explanation:* Coffee acts like a similar drug, so it can cause extra side effects like tremors or palpitations.

9. Diabetes medicines (e.g., Metformin, insulin)

☞ *What happens:* Makes blood sugar harder to control

☞ *Explanation:* Coffee can increase blood sugar and reduce how well diabetes medicine works.

10. Osteoporosis medicines (e.g., Alendronate)

☞ *What happens:* Poor absorption

☞ *Explanation:* Coffee prevents the medicine from being properly absorbed.

11. Stimulant medicines (e.g., ADHD drugs – methylphenidate)

☞ *What happens:* Too much stimulation

☞ *Explanation:* Both increase brain activity, so together they can cause anxiety, high heart rate, and restlessness.

12. Iron supplements

☞ *What happens:* Reduced absorption

☞ *Explanation:* Coffee reduces how much iron your body absorbs, which can worsen anaemia.

⚠ **Why coffee causes these problems (very simple summary)**

Coffee (mainly caffeine) can:

-  **Block absorption** → medicine doesn't work

- ⚡ **Increase side effects** → jitteriness, palpitations
- 🔄 **Change drug levels in the body** → too much or too little
- ❤️ **Raise BP or heart rate** → interferes with treatment

✓ **Practical advice (very important for patients)**

- Take medicines **with plain water**
- Wait **at least 30–60 minutes** before drinking coffee (for many drugs).
- Always check with a doctor/pharmacist for specific medicines

✓ **One-line takeaway for patients:**

Coffee can reduce the effect of some medicines or increase side effects, so never take medicines with coffee unless your doctor says it's safe.

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सह - प्राध्यापक

औषध विज्ञान विभाग

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