

DRUG INFORMATION CARD

MEDICATION: Monoamine Oxidase Inhibitors (MAOIs)

USES: To treat depression or Hodgkin's disease

List of Monoamine Oxidase Inhibitors:

Brand Name	Generic Name
Nardil®	Phenelzine
Parnate®	Tranlycypromine
Marplan®	Isocarboxazid
Matulane®	Procarbazine

ADMINISTRATION: Oral

Warnings:

- Inform your doctor if you are:
 1. allergic to any food or medicine
 2. taking any non-cancer related prescriptions or over the counter drugs

Additional Instructions:

- These medicines can cause high blood pressure, nausea, vomiting, and headaches if you eat foods containing Tyramine. The table on the back of this page lists foods to avoid and foods that may cause distress while taking this medicine.
- Eat or drink *only one* food that may cause distress each day from all the choices listed.
- Eat perishable food (vegetables, fruits, and meats) as fresh as possible. Do not keep them in your refrigerator longer than 2 days.
- Limit regular coffee, tea, cola, or other soft drinks with caffeine to 2 servings a day while you are taking this medicine. Continue this diet for 4 weeks after you stop taking this medicine.



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Food Category: Breads, Cereals, Rice, and Pasta

Foods to Avoid: Sourdough bread, Homebread yeast, Leavened bread, Brewer's yeast

Foods That May Cause Distress: None

Food Category: Fruits

Foods to Avoid: Overripe and spoiled fruits, and banana peel

Foods That May Cause Distress: Limit to 1/2 cup: avocados, bananas, canned figs, raisins, raspberries, red plums

Food Category: Vegetables

Foods to Avoid: Fava or broad bean pods, including Italian beans and Chinese pea pods; sauerkraut

Foods That May Cause Distress: None

Food Category: Meat, Fish, Dry beans, and Peas

Foods to Avoid: All aged, dried fermented, salted, smoked, and pickled meats and fish; all processed meats; fermented soybean products

Foods That May Cause Distress: Fish roe (caviar) and pate (1 ounce)

Food Category: Milk, Yogurt and Cheese

Foods to Avoid: All aged cheese: Cheddar and blue cheese, cheese spreads and cheese casseroles

Foods That May Cause Distress: Limit to: 1/2 cup buttermilk, yogurt, and sour cream

Tips: You may eat as desired: farmers, cottage, ricotta, and processed cheese slices

Food Category: Sweets, Condiments, and Beverages

Foods to Avoid: Meat and yeast extracts in: dry and canned soup, gravy, sauce and stew mixes, instant soup powders and bases, bouillon cubes, and meat tenderizers. Liquid and powdered dietary protein supplements. Chianti and burgundy wines, sherry, vermouth, beer and ale

Foods That May Cause Distress: Limit to: 1/2 cup of chocolate milk, ice cream, pudding, cake, cookies, 1/4 cup of soy sauce or teriyaki sauce, 1/2 cup of white wine, port wine, and distilled spirits

Tips: Even though many of the foods in this group don't contain Tyramine, they do contain other ingredients that may cause similar side effects



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