

TABLE 6**Medications That May Be Associated With Altered Nutritional Status**

Weight loss may be a direct or indirect side effect of a medication. This table is intended as a guide for the clinician evaluating a patient who has or is at risk for altered nutritional status. This list is not all-inclusive. A clinical pharmacist should be consulted when questions arise about possible adverse effects of medications.

Symptom	Common offenders
Change in taste	Clarithromycin, ACE inhibitors, lithium, captopril, allopurinol
Decrease in appetite	Antidepressants (selective serotonin uptake inhibitors)
Dysphagia	Ferrous sulfate, nonsteroidal anti-inflammatory agents
Behavior change (e.g., increased confusion or sedation)	Antipsychotics, antidepressants, benzodiazepines
Drug sensitivities	Sulfa medications (e.g., trimethoprim-sulfamethoxazole)
Gastrointestinal complaints	
• Nausea	NSAIDs, quinidine, amiodarone, digoxin
• Diarrhea	Antibiotics
• Mucositis	Chemotherapeutic agents
• Constipation	Ferrous sulfate, opiates
Movement Disorders	Antipsychotics, lithium, valproic acid