

Medical Tips and Resources

Medication Side Effects

Managing different medications, their side effects, and reactivity with one another can be difficult.

Drug Side Effects Explained

Side effects, also known as adverse events, are unwanted or unexpected events or reactions to a drug. Side effects can vary from minor problems like a runny nose to life-threatening events, such as an increased risk of a heart attack.

Please note: Many side effects of medications may not be reported. Always consult your doctor or healthcare specialist for medical advice. You may also report side effects to the [FDA](#) at or 1-800-FDA 1088 (1-800-332-1088).

U.S. Food and Drug Administration (FDA) Side Effects and Adverse Reactions

Do not stop taking a medication if you experience an unpleasant reaction. Talk to your doctor first. The benefits of the drug may far outweigh any side effects. Unpleasant or harmful reactions to medications are common and can range from mild—little nausea, for example—to severe, such as fainting or palpitations.

New side effects can turn up even in medications you have been taking, and their side effects can change over time you can develop tolerance or intolerance. You can consult your doctor for more questions and try the following methods to reduce symptoms of nausea due to medications.

- Ask your doctor if you can take the medicine with food.
- Eat several smaller meals a day rather than two or three large meals.
- Try peppermint candy or gum. Peppermint can help settle your stomach.
- Eat bland foods, such as dry crackers or plain bread. Avoid fried, greasy, sweet, and spicy foods.

The following links can be especially useful with information regarding medications, side effects and symptoms.

[Drugs.Com](#)

[The National Center for Biotechnology](#)

[Web MD](#)