Fish Oils

Also known as: omega-3 fatty acids, n-3 fatty acids, EPA, DHA, others

Drug or Drug Class*	Interaction(s) or Depletion(s)	Clinical Considerations
Antihypertensive drugs: all classes, all drugs	Supplements that have (by various mechanisms) the potential to lower blood pressure on their own may have additive effects if taken together with any antihypertensive drugs and increase the risk for hypotension.	Use supplements with caution and monitor blood pressure regularly. Inform the prescribing health care provider of supplement use. Fish oils have the potential for providing cardiovascular benefit. Antihypertensive drug dosage adjustments may be warranted in that regard.
Antithrombotic drugs: warfarin, heparin, aspirin, clopidogrel, others	High doses of fish oils may reduce the ability of platelets to aggregate (clot) and therefore may increase the risk of bruising or bleeding if used with anticoagulant or antiplatelet drugs.	Interaction is unlikely for most people taking American Heart Association–recommended cardioprotective doses of n-3 fatty acids (1 g/d). Doses less than or equal to 3 g/d are considered safe. Higher doses used for lowering triglyceride levels (> 3 g/d) may be associated with a greater risk of bleeding. Patients should consult with the prescribing health care provider.
Weight loss drugs: orlistat	Orlistat blocks the action of lipases in the GI tract and thereby helps to reduce fat absorption. Taking orlistat together with fish oils could potentially decrease absorption of fatty acids in fish oils.	Recommend that patients separate their taking of orlistat and fish oils by at least 2 to 3 hours.

^{*}Where drugs are listed after the drug class, the interaction applies specifically to these medications and not to others in the same drug class.