

Can I take St John's wort with other medicines?

This information sheet will help you understand whether you can take St John's wort with other medicines prescribed for you by your doctor, nurse or pharmacist.

What is St John's wort?

St John's wort (*Hypericum perforatum*) is a herb. It is contained in a variety of products including tablets and teas.

Products containing St John's wort are available from pharmacies, health food shops, supermarkets and complementary healthcare practitioners.

How does St John's wort affect other medicines?

St John's wort increases your metabolism. This means your body removes medicines faster than normal so they will not work as well. This is called an interaction.

St John's wort may also affect the levels of chemicals in your brain. This increases your risk of side effects such as serotonin syndrome (see the information sheet on serotonin syndrome).

Which medicines can be affected by St John's wort?

The table below lists some medicines that can be affected by St John's wort. Always check with your doctor, nurse or pharmacist.



What should I look for?

Most people do not notice at first if St John's wort is causing problems.

The most noticeable effect is that your other medicines are not working as well. This can be a problem if you are taking medicines like the contraceptive pill.

Always tell your healthcare professional about any supplements and natural health products you are taking. They can then make sure the products are okay to take with your other medicines.

Medicines that can be affected by St John's wort

Medicine group	Examples			
Immunosuppressants for transplant rejection	ciclosporin	tacrolimus	everolimus	sirolimus
HIV treatments	indinavir	ritonavir	nevirapine	efavirenz
Hormonal contraceptives (except intrauterine devices)	combined oral contraceptives emergency contraceptive pill implants		progestogen-only contraceptives progestogen-only injections vaginal ring	
Anticoagulants	warfarin	dabigatran		
Antimigraine medicines	sumatriptan	rizatriptan		
Antidepressants	citalopram paroxetine	escitalopram sertraline	fluoxetine venlafaxine	fluvoxamine
Antiepileptics	phenobarbitone	phenytoin	primidone	