

Drugs for cholesterol: bile acid sequestrants

This handout describes bile acid sequestrants, which are used to help lower your cholesterol level. It covers tips for taking them and lists side effects.

Change your lifestyle

- Eat a heart healthy diet
- Exercise for a healthy heart
- Lose weight

Do you need drugs to help lower your cholesterol

- If your LDL cholesterol is 130 or more
- If your LDL cholesterol is 100 or more (ask your doctor) and
 - Heart attack or heart surgery
 - Diabetes or high blood sugar
 - High blood pressure
 - Smoker
 - Low HDL cholesterol level
 - Family member has heart disease
 - Your doctor says you are at risk for heart problems

Circle the drug you take

- Cholestyramine (Questran)
- Colestipol (Colestid)
- Colesevelam (WelChol)

Tips for taking bile acid sequestrants

- Take just before meals
- Take other drugs or vitamins 1 hour before or 4 hours after you take your cholesterol drug
 - Be very careful if taking with
 - Vitamin A, D, E, or K
 - Warfarin or Coumadin
 - Thyroid hormone drugs (ask your doctor)
- You can mix it with applesauce, soup, or canned fruit
- You can mix it with a fiber laxative like psyllium seed or Citrucel if it makes you have hard stools (ask your doctor)

Side effects

- Hard stools or constipation
- Bloating or gas

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
