

## Drugs for cholesterol: fibrates

This handout describes fibrates, which are used to help lower your cholesterol level. It also 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 your blood fats

- If your HDL cholesterol level is low (ask your doctor)
- If your triglyceride level is high (ask your doctor)

### Circle the drug you take

- Gemfibrozil (Lopid)
- Fenofibrate (TriCor, Antara, or Lofibra)

### Tips for taking fibrates

- Take 30 minutes before a meal
- Take with a full glass of water
- Do not crush, chew, or break the pills
- Swallow the pills whole

### Side effects

- Constipation or hard stools
- Stomach pains or swelling
- Hiccups or a sour taste in your mouth
- Headache
- Skin rash

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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.

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