

## **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