

Fenofibrate: Lower Your Cholesterol



Lowering your cholesterol protects you from heart attacks and stroke. Losing weight, being more physically active, and changing your diet all help lower cholesterol. In some cases however, your doctor may prescribe medication to supplement your healthy lifestyle.

How does fenofibrate work?

Fenofibrate (*Tricor* and *Lofibra*) lowers triglycerides and may raise HDL (good) cholesterol.

What problems could I have taking fenofibrate?

Most people who take fenofibrate don't have any problems. Some people do have:

- Mild stomach bloating, nausea, diarrhea, gas, heartburn, or rash. These symptoms usually go away in one to two weeks. If they continue or bother you, call your doctor or other health care professional.
- Rarely, people have severe stomach pain with nausea and vomiting; lower back or side pain; a cough or hoarseness; fever or chills; difficult or

painful urination; unusual tiredness or weakness; or muscle pain. If this happens, **stop taking fenofibrate**. Call your doctor or other health care professional immediately.

- Women who are breastfeeding should not take fenofibrate.
- Tell your physician or other health care professional if you have liver, kidney, or gallbladder disease.

Will taking fenofibrate affect my other medications?

- If you are taking warfarin (*Coumadin*), tell your doctor or other health care professional. You will need to take a simple blood test because the *Coumadin* level in your body may change when you take fenofibrate.
- You may need to take fenofibrate with other drugs, such as lovastatin (*Mevacor*), simvastatin (*Zocor*), pravastatin (*Pravachol*), atorvastatin (*Lipitor*), niacin, or cyclosporine. These combinations may cause muscle aches. If this happens, tell your doctor or other health care professional immediately.

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What sort of follow up will I need?

You will need to get regular cholesterol and liver blood tests to make sure fenofibrate is working to lower your cholesterol and isn't harming your liver.

How should I take fenofibrate?

Take ___ mg tablet(s) of fenofibrate once a day, with a meal, for a total of ___ mg a day.

What do I need to know about my medications?

Before you leave the clinic, take the time to ask your doctor or member of your health care team about your medications.

Ask:

- Why am I taking them?
- How often and how long should I take them?

- Are there any special instructions for taking this medication?
- Should I always take medications at mealtime?
- Are there activities that I should avoid while taking any medication?
- What kind of side effects could I have? What symptoms should I look for?
- How can I avoid side effects?

How can I remember to take my medications?

We all have a hard time adjusting to new routines in our lives.

These tips work for others; maybe they can help you too.

- Make a simple chart and post it in an obvious place where you will see it every day, like the bathroom mirror.
- Set your alarm clock, watch, or computer as a reminder.

- Take medications at the same time every day: before bed, at mealtime, or at the beginning of a TV show you watch every day, such as the evening news.
- Use a pillbox with seven sections, one for each day of the week.
- Record your medication on a wallet card or calendar.
- Can you think of others?

Additional resources

- Connect to our Web site at kp.org to access health and drug encyclopedias, interactive programs, health classes, and more.
- Check your *Kaiser Permanente Healthwise Handbook*.
- Contact your local Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.



This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.