# COLESTYRAMINE

*koh-less-tye-ra-meen*

## What does it do?

*Colestyramine* is used to lower cholesterol, and sometimes for other conditions.

## Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Tell your doctor if you have phenylketonuria (PKU). The *colestyramine* sachet may contain aspartame (a source of phenylalanine).

## How should you take it?

Take *colestyramine* as directed. Add the contents of each sachet to at least 100 mL of liquid such as water, juice, milk, thin soup or pureed fruit. Stir until you have an even mixture (the powder will not dissolve). Do not take the dry powder on its own.

## What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

## Can you take other medicines?

Take other medicines at least one hour before or four to six hours after taking *colestyramine*. *Colestyramine* can stop other medicines being absorbed by your body.

Tell your pharmacist or doctor about all medicines or treatments that you may be taking including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects | Recommended action |
|---|---|
| Constipation | Increase fibre and fluid intake, tell your doctor if troublesome |
| Stomach upset, bloating, farting | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- Long-term use of *colestyramine* may lower the amount of some vitamins absorbed by your body. Discuss with your health professional.
- *Colestyramine* is not registered for use in New Zealand. Discuss with your doctor.