

HOW TO TAKE NIASPAN

Niaspan[®] is used to treat cholesterol disorders. It is very helpful in lowering triglycerides and elevating the HDL ("good") cholesterol level.

Niaspan must be taken according to the following routine.

- ♥ Take Niaspan exactly as you are instructed.
- ♥ Taking Niaspan on an empty stomach is not recommended.
- ♥ Always take Niaspan at bedtime after a low-fat snack.
- ♥ Flushing (feeling hot and having reddish skin color briefly) is a common side effect and usually goes away as you take Niaspan over time. Flushing may last a considerable period of time but will be less bothersome if Niaspan is taken at bedtime
- ♥ Taking an aspirin or ibuprofen (if allowed by your physician) 30 minutes before taking Niaspan may minimize flushing.
- ♥ Avoid drinking alcohol, hot drinks, or spicy foods around the time you take Niaspan.
- ♥ Never break, crush, or chew Niaspan tablets. The tablets should be swallowed whole.
- ♥ If you miss a dose, just take your usual dose the following night. Do not "double up" on the medication.
- ♥ If you miss several days of taking Niaspan, stop taking it temporarily and contact your physician for further instructions.
- ♥ Inform your physician if you are taking vitamin supplements. Some vitamins may affect Niaspan therapy.

You will need to have occasional blood tests to determine how well the medication is working.

We are pleased to answer your questions or discuss your condition with other health care professionals.