



Niaspan Patient Instruction Sheet

Niaspan has been prescribed for you. Niaspan is taken to raise your HDL (good cholesterol), lower your triglycerides, lower your LDL (bad cholesterol), as well as improve other lipid disorders that are not routinely measured. The primary reason you are being prescribed Niaspan is to further reduce your chance of having a first or second event (heart attack, stroke, and death).

Many people who take Niaspan may experience a harmless sensation called “flushing”.

Flushing is an indication that the drug is in your system and working.

Flushing may be characterized by a mild redness of your upper body and feels somewhat like mild sunburn. **Do NOT be alarmed.** Flushing usually lasts for less than 1 hour and should occur no more than three times per month. By the third month on this medication your system should become used to the drug, your cholesterol should be improved and your flushing episodes should stop unless your dose is increased.

In order to reduce the chance of side effects please follow the instructions below:

- Only take NIASPAN at bedtime (with a light snack) or with your evening meal.
- Light snack suggestion is a cup of sugar free applesauce or an apple. Also you may have any high fiber wheat cracker (like triscuits or wheat thins)
- If instructed, take a full strength uncoated aspirin (325mg) or Ibuprofen within 30 minutes of taking your Niaspan (If you are on Coumadin or Warfarin please call us before starting Aspirin or Ibuprofen)
- AVOID taking alcohol, spicy food or hot drinks before or immediately after taking Niaspan
- Take NIASPAN with full glass of water with a teaspoon of sugar free Citrucel or Metamucil mixed in the water
- If those don't work... you may also try ZANTAC 75 for the first week or Benadryl 25 mg before going to sleep.
- NEVER SUBSTITUTE any other form of dietary supplements for your cholesterol medication.
- Do not break, chew or crush tablets