

# Medication Information Card

## Cholestyramine (Koe – less – tir a – meen)

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### Other names for this medication

Questran<sup>®</sup>

There are many other names for this medication.

### How this medication is used

This medication removes certain chemicals from the body which leads to more cholesterol being broken down. This lowers the level of cholesterol in the blood. Lowering cholesterol can prevent heart and blood vessel disease.

This medication is also used to treat severe itching caused by liver disease.

This medication can sometimes be used to treat diarrhea.

### How to take this medication

Take this medication exactly as directed by your doctor. Take it just before eating.

Do not take it in the dry form. Mix the powder in half a glass of water, fruit juice or milk until it is completely dissolved. Drink right away. Add more liquid to the glass and drink that too so you get all of the medication. You may also mix the powder with milk in breakfast cereal, thin soups or crushed fruit.

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## **How to take this medication (continued)**

Drink several glasses of liquid each day while taking this medication.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

Cholestyramine can affect how other medications work when taken at the same time. Take other medications 1 hour before or 4 to 6 hours after taking Cholestyramine. You can ask your pharmacist about when to take your medications.

## **While taking this medication you may notice**

- constipation
- nausea, vomiting
- upset stomach
- gas or bloating
- headache
- loss of appetite

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Foods high in fibre include whole grain products, vegetables and fruit.

## **Contact your doctor if you notice**

- severe constipation
- severe stomach pain
- unusual bleeding such as nosebleeds or bleeding gums
- skin rash