

# Medication Instruction Sheet for Advicor<sup>®</sup>, Simcor<sup>®</sup> and Niaspan<sup>®</sup>

CardioProtective Lifestyle Program



Advicor<sup>®</sup> is a combination of Niaspan<sup>®</sup> and lovastatin.  
Simcor<sup>®</sup> is a combination of Niaspan<sup>®</sup> and simvastatin.

## Uses:

Decreases cholesterol and triglyceride production by preventing the release of free fatty acids from fat tissue and decreasing liver cholesterol production. Beneficial HDL is also increased.

## Instructions to Lessen or Avoid Side Effects:

- Take at bedtime.
- Take with a small, low fat, bland snack such as crackers, milk or yogurt. Applesauce is a good choice. Avoid spicy foods.
- Follow your doctor's directions regarding doses of regular aspirin, baby aspirin, Benadryl<sup>®</sup> or ibuprofen to reduce or avoid flushing.
- Using fiber supplements like Metamucil<sup>®</sup> can often be beneficial.
- Take with cold, not hot, fluids
- Avoid alcoholic beverages for 3 - 4 hours prior to the dose.
- Avoid taking a hot shower or bath one hour before taking Niaspan<sup>®</sup>/Advicor<sup>®</sup>/Simcor<sup>®</sup>. Do not shower after taking your dose.
- If breakthrough flushing occurs, chewing a baby aspirin should help within 5 minutes.

## Possible Side Effects:

- Upset Stomach
- Flushing, Rash and/or Itching of Your Skin
- Headache
- Increased Blood Glucose
- Dizziness When Arising Quickly
- Joint Pain (Gout Symptoms)

## Rare Side Effects:

- Muscle Soreness
- Liver Problems

## Important information About Taking Niaspan<sup>®</sup>/Advicor<sup>®</sup>/Simcor<sup>®</sup>:

- Side effects of flushing and itching (if present) usually go away within a few days.
- Follow up lab work is important to determine if the medication is working.
- Limit alcohol use.
- Do not double up or skip doses. If you do skip a dose, you may need to restart at a lower dose and increase gradually.
- Do not split tablets.
- REPORT ANY OF THESE SYMPTOMS: Clay colored stools, dark-colored urine, muscle or joint soreness, or yellow color of the eyes or skin.
- To avoid severe liver problems, don't substitute different niacin products without consulting your doctor.

