



## COMPLEX CHRONIC DISEASES PROGRAM

### Medication Handout

Date: May 14, 2018

#### Medication: Colesevelam 625 mg

#### What is Colesevelam:

Colesevelam belongs to a group of medications called bile acid binding resins. It works in the digestive system and absorbs the cholesterol-containing bile acids, which then pass out through the body in the feces. It may also be used to help stop diarrhea associated with irritable bowel syndrome.

#### Expected Benefit:

- Usually takes a few days to notice a benefit

#### Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Bloating
- Flatulence
- Abdominal discomfort
- Constipation

#### Stopping the medication:

There should be no withdrawal effect when stopping the medication if the medication is not taken regularly.

#### How to use this medication:

- Take with meals

#### Dosing Schedule:

- Start with 625 mg daily
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you get side effects
  - You might want to lower the dose one step
- Take with meals

With breakfast	With Dinner	
625 mg		For 1 week
625 mg	625 mg	For 1 week
1.25 grams	625 mg	For 1 week
1.25 grams	1.25 grams	For 1 month; stay on this dose

- Follow up with clinic before further increasing the dose

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Colesevelam can prevent the absorption of your medications, and vitamins from food
- Take your medication an hour before or 2 hours after colesevelam
- Take a multivitamin (with iron for women) daily

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.