



BILE ACID SEQUESTRANTS

Patient Information

Use of the Bile Acid Sequestrants (Cholestyramine & Colestipol) for the treatment of Hyperlipidemia.

The bile acid sequestrants (sometimes referred to as "resins" are useful in treatment of patients with high blood cholesterol levels. The bile acid sequestrants are effective medications, but they can cause side effects frequently. **The most common side effects are difficulty swallowing these gritty substances, abdominal discomfort, and constipation.** Serious side effects are uncommon because these drugs are not absorbed into the body.

They work by binding bile acids (which are break down products of cholesterol in the liver), thus depleting the liver of cholesterol. This causes the liver to remove more cholesterol from the circulation. Although the side effects associated with the use of cholestyramine (Questran) or Colestipol (Colestid) occur frequently, they can be minimized by:

1. Mixing the powder in a non-carbonated beverage (such as orange juice or apricot juice) and any semi-solid or pulpy foods such as applesauce. Mix in a small volume of fluid, use a straw to drink with, then wash down the large volume of fluids. (The powder should never be taken in its form. Mix thoroughly with liquids to avoid choking.)
2. Taking the drug with meals.
3. Increasing the dose slowly.

4. Increasing the intake of fiber in the diet. A high fiber diet reduces the constipation associated with the use of bile acid sequestrants and may even increase their effectiveness. If constipation remains a problem, Metamucil can be taken and is also known for decreasing LDL bad cholesterol as well!

The bile acid sequestrants can be taken 1 to 3 times daily. Usually at least two to three packets or scoopfuls per day of Questran or Colestid are needed. Both of these drugs are supplied in a can with a measured scoop or packaged in a foil containing dose of the drug.

You need to take other medications at least one to two hours before or four to six hours after the Questran or Colestid. Please let us know if you are taking any of the following medications:

Beta Blocking Agents
Coumadin
Digoxin
Hydrochlorothiazide
Iron preparations
Lasix

Penicillin G
Steroids
Tetracycline
Thyroid hormones
Vitamins A, D, E & K

Absorption of these drugs may be substantially reduced if taking Questran and Colestid, therefore, separate administration times will need to be reviewed with you before you begin your bile acid sequestrants.

Bile acid sequestrants are not recommended if triglycerides are over 500.



ALL LOCATIONS TOLL FREE 1-800-243-1912

SEQUESTRANT PROTOCOL

Follow the Bile Acid Sequestrant patient teaching sheet when Questran, Questran Light, or Colestid is ordered.

DOSAGE INFORMATION:**Colestid Granules**

One dose (1 packet or 1 level scoopful 7.5 gms) contains 5 gms of colestipol (Colestid).

Beginning Dose: One dose once or twice daily with an increment of one dose per day at one or two month intervals. (Not to exceed six doses daily.)

Colestid Tablets*

Each tablet contains 1 gm of Colestid. A dose is 2 gms.

Beginning Dose: 2 gms daily or twice daily (2-4 gms). Increments by 2-4 gm q.d. at one or two month intervals. (Total dose should not exceed 16 gms daily once or in divided doses.)

* Tablets are not usually recommended due to their large size and difficulty swallowing.

Questran Light

One level scoopful contains 4 gms of cholestyramine.

Beginning Dose: One level scoopful once or twice daily.

Maintenance Dosing: 2 level scoopfuls daily.

Maximum Dosing: 6 level scoopfuls daily. This total dose may be split and taken as 3 level scoopfuls twice daily.

Questran

One level scoopful contains 4 gms of cholestyramine.

Beginning Dose: One level scoopful once or twice daily.

Maintenance Dosing: 2 level scoopfuls daily.

Maximum Dosing: 6 level scoopfuls daily. This total dose may be split and taken as 3 level scoopfuls twice daily.