

Name:

Whom to Call:

HP1051A

## Medication for Cholesterol Control

Medication can give you the extra help you need to control your cholesterol. If medication is prescribed, be sure to take it exactly as directed.

**Tip:** Phone in your refill when you see you are low on medication.

### How Medication Helps

Medication can work to lower both your total cholesterol and your LDL. It may take some time to find the right medication for you. When taking cholesterol medication, stay on the rest of your cholesterol control plan. Keep eating right and exercising.

### Taking Your Medication

Take your medication exactly as your healthcare provider instructs. This will help it work best. Remember:

- Tell your doctor about all other medications you take, including vitamins, herbs, and over-the-counter medications.
- Don't skip a dose or stop taking your medication because you feel better or because your cholesterol numbers improve.



### Dealing with Side Effects

Many people have side effects when they first start taking a medication. Side effects include flushing, nausea, headache, or a bad taste in the mouth. These feelings should go away in a few weeks. Tell your healthcare provider about any side effects you have. Be patient until your body gets used to the new medication. If you still feel side effects, your healthcare provider may change your dosage or your medication.



### Notes