

# Medication Information

## Fibrates (Fi – brates)

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### Other names for this medication

Bezafibrate - Bezalip<sup>®</sup>  
Fenofibrate – Lipidil<sup>®</sup>  
Gemfibrozil – Lopid<sup>®</sup>

There are many other names for this medication.

### How this medication is used

This medication lowers the level of a fat in the blood called triglycerides. It can also lower the level of bad cholesterol (LDL) and increase the level of good cholesterol (HDL). Fibrates cause the liver to make less triglycerides and less bad cholesterol. Lowering triglycerides may help prevent diseases of the heart and pancreas. Lowering bad cholesterol and increasing good cholesterol can help prevent heart and blood vessel disease.

This medication is often given together with other cholesterol lowering medications. You will need blood tests while taking this medication to check your liver and muscle enzymes.

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## How to take this medication

Take this medication exactly as directed by your doctor or health care provider.

- Bezafibrate should be taken in the morning or evening after a meal.
- Fenofibrate is usually taken after eating the largest meal of the day.
- Gemfibrozil is usually taken 30 minutes before breakfast and supper.

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.

This medication should be used with a heart healthy diet. Contact your doctor, dietitian or health care provider for more information about your diet.

You may have limits on the amount of alcohol and carbohydrate that you can eat such as starch, fruit, and dairy products.

## While taking this medication you may notice

- upset stomach
- diarrhea
- gas
- constipation
- your skin may be more sensitive to sunlight

Most of these side effects will go away as your body gets used to the medication.

## **While taking this medication you may notice (continued)**

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit. Talk to your doctor, dietitian or health care provider about the types of food you can eat to avoid constipation.

If your skin becomes more sensitive to sunlight, avoid direct sunlight. While in the sun, wear sunscreen and sunglasses that block ultraviolet (UV) light, a hat and clothing that covers your skin.

## **Contact your doctor or health care provider if you notice**

- aching muscles
- extreme tiredness
- weakness
- severe stomach pains or cramps
- rash
- yellow eyes or skin