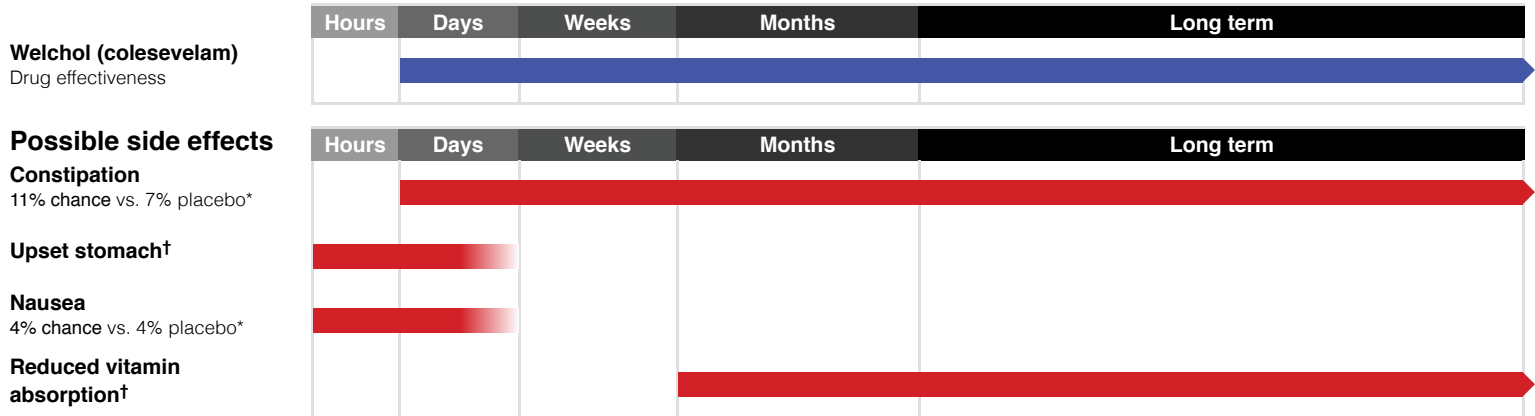


# Welchol (colesevelam) basics

**Lowers cholesterol and helps lower blood sugars.** Can be taken as a tablet or as a sprinkled packet that's mixed with water, juice, or diet soft drinks. Welchol (colesevelam) may be a good option for people who have high cholesterol and diabetes. Welchol (colesevelam) is another option for people that can't tolerate statin medications. It's able to be used in children over the age of 10.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



\* Placebo is a sugar pill with no medicinal benefit.

† Data on frequency of side effects is not available.

## Tips from pharmacists

- If you can't swallow the Welchol (colesevelam) tablets because they're too big, try switching to packets of powder that can be mixed with water, juice, or diet soft drinks. Just don't swallow the dry powder.
- Many medications interact with Welchol (colesevelam), so check with your doctor or pharmacist which ones need to be taken at different times of the day.
- You should always take Welchol (colesevelam) with a meal and drink.

## Risks and warnings

Contact your doctor if you experience any of these.

### Bowel obstruction or blockage

Welchol (colesevelam) can lead to constipation, so in people with gastrointestinal issues (such as gastroparesis/GI motility disorders), this can lead to problems like bowel obstruction. Therefore, it's important that your doctor knows about these problems before they prescribe Welchol (colesevelam).

### Pancreatitis

Welchol (colesevelam) can increase your triglyceride levels. This can be a problem for people who already have high triglycerides or a history of pancreatitis. Your doctor may monitor your triglycerides while you're on Welchol (colesevelam) to make sure your levels don't get too high.

### Vitamin deficiencies

Because Welchol (colesevelam) works by binding bile and other chemicals in the gastrointestinal tract, it can also lead to a decrease of vitamins (A, D, E, and K). Talk to your prescriber about using a vitamin supplement or seeing if any of your drug doses need to be adjusted. If you take a daily vitamin, it's recommended to take it 4 hours before Welchol (colesevelam).