Drug: FENOFIBRATE  
  
# Available Drug Strengths  
FENOFIBRATE 100MG CAP;  
FENOFIBRATE 300MG CAP  
  
# Mechanism of Action & How it Works / Helps  
Fenofibrate speeds up the natural processes that remove cholesterol or 'fat' (triglycerides) from the body.  
  
###CHUNK\_DELIMITER###  
  
# Indication Information for Fenofibrate  
  
## Indication 1: Hypertriglyceridemia (HTG)  
  
### Summary Of Disease Condition  
Triglyceride is a type of fat in the blood that provides energy to your body. Hypertriglyceridemia (HTG) means having a higher level of this fat content in the blood. This increases risk of atherosclerosis (fatty deposits building up inside the arteries, narrowing them and restricting blood flow) and related heart diseases. Severe hypertriglyceridemia may face an increased risk of acute pancreatitis (inflammation of the pancreas).   
  
### Additional Information On Disease  
Hypertriglyceridemia is not the same as high cholesterol, although both conditions relate to lipid levels in your blood. Lipids are fatty substances that perform important jobs in your body. Triglycerides and cholesterol are both types of lipids that travel through your blood. Hypertriglyceridemia means you have too many triglycerides in your blood, while hypercholesterolemia means you have too much cholesterol.  
Many people who have hypertriglyceridemia may also have high total cholesterol.  
  
### Disease Aetiology  
Hypertriglyceridemia has many causes, including  
Lifestyle factors (too much alcohol, saturated fats, refined carbohydrates (like white bread) or sugar)  
Underlying medical conditions (Diabetes, Hypothyroidism, Insulin resistance, Kidney disease, Liver disease)  
Medications that can raise your triglycerides  
Genetic lipid disorders  
  
### Non Pharmacological Counselling  
Management of hypertriglyceridaemia is similar to the management of high cholesterol. Here are some lifestyle tips:  
1. Lead an active lifestyle and aim to lose weight if you are overweight. Aim for a healthy weight range of Body Mass Index (BMI) from 18.5 to 23kg/m2. Consider 150minutes per week of moderate-intensity activity e.g. brisk walking, cycling, jogging, swimming, dancing or as advised by your doctor. Exercising helps to increase the levels of your good cholesterol (HDL).  
2. Eat healthily to keep high cholesterol at bay. Limit total fat intake and replace unhealthy types of fat (saturated and trans fat) in your diet with healthier fats (monounsaturated and polyunsaturated fat).  
3. Do not smoke. Smoking harms your blood vessels and lowers your good cholesterol (HDL).  
  
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# Administration Instructions  
- You may take this medication before food or after food.   
- Dosage form: tablet  
- Can it be crushed: Yes  
None  
  
# Medication Storage  
Store your medication in a cool, dry place away from heat, moisture and direct sunlight, such as in a cupboard  
  
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# Pregnancy & Breastfeeding Considerations  
- Pregnancy: please inform your healthcare professional if you are pregnant, planning to become pregnant or breastfeeding  
- Breastfeeding: please inform your healthcare professional if you are pregnant, planning to become pregnant or breastfeeding  
  
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# Side Effects of Fenofibrate  
  
## Side Effect 1: Nausea / Vomitting  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Nauseau / Vomitting  
  
### Management of side effects  
Taking the medication with of after food may reduce the side effects. Avoid food that is too rich, spicy or has strong smells  
  
## Side Effect 2: Stomach Discomfort / Abdominal Pain  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Stomach Discomfort  
  
### Management of side effects  
Taking the medication with of after food may reduce the side effects. Avoid food that is too rich, spicy or has strong smells  
  
## Side Effect 3: Myalgia  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Mild muscle pain or ache  
  
### Management of side effects  
Symptoms may be temporary, discuss with your doctor if symptoms are troublesome or persistent  
  
## Side Effect 4: Arthalgia  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
MIld joint pain or stiffness  
  
### Management of side effects  
Symptoms may be temporary, discuss with your doctor if symptoms are troublesome or persistent  
  
## Side Effect 5: Headache  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Headache  
  
### Management of side effects  
Symptoms may be temporary, discuss with your doctor if symptoms are troublesome or persistent  
  
## Side Effect 6: Diarrhoea  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Diarrhoea  
  
### Management of side effects  
Taking the medication with of after food may reduce the side effects. Avoid food that is too rich, spicy or has strong smells  
  
## Side Effect 7: Constipation  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Constipation  
  
### Management of side effects  
Symptoms may be temporary, discuss with your doctor if symptoms are troublesome or persistent  
  
## Side Effect 8: Rhabdomyolysis  
  
### Likelihood of side effect  
Rare but severe  
  
### Cause of side effect  
Breakdown of muscles  
  
### Side effect symptoms  
Unexplained, severe muscle pain that does not go away, muscle weakness/ cramps all over your body or dark brown, tea-coloured urine  
  
### Management of side effects  
Seek immediate medical attention at the hospital emergency department  
  
## Side Effect 9: Hepatotoxicity  
  
### Likelihood of side effect  
Rare but severe  
  
### Cause of side effect  
Liver injury  
  
### Side effect symptoms  
Dark coloured urine, light coloured stools, nausea, vomiting, loss of appetite, yellowing of skin or eyes  
  
### Management of side effects  
Seek immediate medical attention at the hospital emergency department  
  
## Side Effect 10: Allergy Reaction  
  
### Likelihood of side effect  
Rare but severe  
  
### Side effect symptoms  
Swelling of eyes and/or lips; rashes throughout the body; difficulty breathing; faintness  
  
### Management of side effects  
Seek immediate medical attention or visit the emergency department if symptoms are severe  
  
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# Drug Interactions of Fenofibrate  
  
## Interaction 1: Cholestyramine  
  
### Drug interaction class specificity  
Fenofibrate  
  
### Impact of interaction  
Cholestyramine can reduce the absorption of fenofibrate  
  
### Management of interaction  
Take cholestyramine 4 to 6 hours before or 1 hour after fenofibrate.  
  
## Interaction 2: Charcoal, Kaolin and Smecta  
  
### Impact of interaction  
These anti-diarrhoeal medication may reduce the absorption of other medication  
  
### Management of interaction  
Take these medication at least 2 hours apart from other medications/.  
  
## Interaction 3: Traditional Medicines  
  
### Impact of interaction  
Traditional medicines, such as traditional chinese medication, may lead to certain, unexpected interactions that could be harmful.   
  
### Management of interaction  
In general, it is always check with your doctor or pharmacist if it is ok to take particular traditional medicine.