

## Your SIMCOR Dosing Tracker

**Getting off to a good start with SIMCOR.** It's best to create a routine when taking SIMCOR, so you don't miss a dose. The chart below can help you keep track of your SIMCOR doses and how you take them. Fill it out each day. Then share it with your doctor and discuss how you're doing. It will help your doctor understand how you are taking SIMCOR. Before you start, you may want to make additional copies so you can track more than one week.

Week SIMCOR dose	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Did you:</b>							
<b>1. Take SIMCOR at bedtime?</b>	yes no	yes no	yes no	yes no	yes no	yes no	yes no
<b>2. Take an aspirin or NSAID (e.g., ibuprofen) about 30 min. before your SIMCOR to help manage flushing (with doctor's approval)?</b>	yes no	yes no	yes no	yes no	yes no	yes no	yes no
<b>3. Avoid alcohol or hot beverages and spicy food near the time of taking SIMCOR?</b>	yes no	yes no	yes no	yes no	yes no	yes no	yes no
<b>4. Take SIMCOR with a low-fat snack?</b>	yes no	yes no	yes no	yes no	yes no	yes no	yes no

### Uses for SIMCOR® (niacin extended-release/simvastatin)

- SIMCOR is used when treatment with simvastatin alone or niacin extended-release alone is not enough, and when a low-fat diet and exercise alone have not been successful.
- SIMCOR is a prescription medication that is used along with diet to lower levels of total cholesterol, LDL "bad" cholesterol, and triglycerides, and to increase HDL "good" cholesterol in people with abnormal cholesterol levels.
- No additional benefit of SIMCOR on heart disease over and above that shown for simvastatin alone and niacin alone has been demonstrated.

### Important Safety Information for SIMCOR

- SIMCOR is not for people with liver problems, stomach ulcers, or serious bleeding problems; for women who are pregnant, may become pregnant, or are nursing; or for those allergic to any product ingredient.
- Contact your health care provider about any unexplained muscle pain, tenderness, or weakness, as this may be a sign of a serious but rare muscle disorder, from which rare cases of death may occur. This risk is increased when SIMCOR is taken with certain types of medications.
- Because some medications may interact with SIMCOR, tell your health care provider about all the medications you are taking, including vitamins and nutritional supplements.
- SIMCOR contains extended-release niacin. All forms of niacin are not the same. SIMCOR should not be substituted for immediate-release niacin, as severe liver damage can occur.
- SIMCOR is associated with increases in liver enzymes. Your health care provider should do blood tests before and during treatment with SIMCOR to check for liver problems. SIMCOR should be used with caution if you drink large amounts of alcohol or have a history of liver disease.
- Tell your health care provider if you experience increased tiredness, loss of appetite, abdominal pain, dark-colored urine, or yellowing of the skin or eyes, as these may be signs of liver problems.

- SIMCOR may cause an increase in blood sugar levels. If you have diabetes, check blood sugar levels more frequently during the first few months of SIMCOR use.
- Tell your health care provider if you have a history of kidney problems or gout. SIMCOR may cause an increase in uric acid levels.
- Women of childbearing age should use an effective method of birth control to prevent pregnancy while using SIMCOR. If you are pregnant, stop SIMCOR and contact your health care provider.
- Flushing (warmth, redness, itching, and/or tingling of the skin) is a common side effect that may subside after several weeks of consistent use. Flushing may vary in severity and is more likely to occur when starting therapy or during dose increases. Talk to your doctor about how the symptoms of flushing are different from symptoms of a heart attack. If you take SIMCOR at bedtime, flushing will most likely occur during sleep. If flushing wakes you up, take your time getting up, especially if you feel dizzy or faint, or if you take blood pressure medications.
- Other common side effects include headache, itching, nausea, back pain, and diarrhea.

For more information, talk with your health care provider.

SIMCOR is available by prescription only.

Reference: 1. SIMCOR [package insert]. North Chicago, IL: Abbott Laboratories.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088 (1-800-332-1088).

If you cannot afford your medication, contact: [www.pparx.org](http://www.pparx.org) or call the toll-free phone number (1-888-4PPA-NOW) for assistance.

Call us anytime to answer questions you may have about SIMCOR at 1.888.4SIMCOR.

Visit us online. Go to [www.simcortablets.com](http://www.simcortablets.com) to learn more.

**Full Prescribing information is available at**  
[http://rxabbott.com/pdf/simcor\\_pi.pdf](http://rxabbott.com/pdf/simcor_pi.pdf)