

**ALDERFER & TRAVIS CARDIOLOGY, PC**

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THIAMINE - ORAL

OTHER NAMES: Vitamin B1

USES: Thiamine, vitamin B1, is involved in carbohydrate metabolism in the body. Thiamine supplements are necessary to treat or prevent stomach, heart or nerve problems caused by inadequate thiamine amounts. Thiamine deficiency can result from a poor diet or conditions requiring increased need, such as pregnancy or illness.

HOW TO TAKE THIS MEDICATION: Take this medication as directed. It is usually taken three times a day with meals.

Follow any special dietary recommendations made by your doctor or nutritionist while taking this medication.

SIDE EFFECTS: This medication may cause itching, sweating, feeling of warmth, nausea, weakness, or restlessness. These effects should subside as your body adjusts to this medication. Consult your doctor if any of these effects persist or become severe.

Notify your doctor if you experience shortness of breath, or tightness of the throat.

PRECAUTIONS: If you have had a bad reaction (skin reaction, difficulty swallowing, or difficulty breathing) to thiamine in the past, tell your doctor.

Except in doses greater than recommended, thiamine is considered safe for use during pregnancy and while breast-feeding.

DRUG INTERACTIONS: Thiamine may increase the effects of certain drugs used for muscle relaxation during surgery. Tell your doctor beforehand.

NOTES: Thiamine is common in foods such as dry beans, whole wheat flour, seeds and nuts, brewer's yeast, enriched and fortified grains and cereals, liver, kidney and pork. Eat more of these foods to increase the amount of thiamine in your diet.

MISSED DOSE: Take the missed dose as soon as possible but not if it is almost time for the next dose. If it is time for the next dose, skip the missed dose and resume your regular schedule. Do not "double up" the dose.

STORAGE: Store at room temperature and keep away from moisture and sunlight. Do not store in the bathroom. Do not freeze the liquid forms.

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