**Lafayette Vein and Vascular Center**

**CILOSTAZOL INSTRUCTIONS**

You should take your Cilostazol on an empty stomach 30 minutes before or 2 hours after meals. Do NOT eat grapefruit or any juice with grapefruit in it either 2 hours before or after taking your Cilostazol. You can expect to experience a headache when you take your Cilostazol. The drug actually expands the arteries in your body, increasing blood flow . You will notice this first in your head. You may take Tylenol, Excedrin, or some other over the counter pain medication, which should relieve your headache. If your headache continues for more than 3 weeks, you should call the office so an adjustment may be made in the dose. You will be started on a dose of 100 mg twice a day. You may feel dizzy at first, especially when standing up; however, this should go away after a few days. You may have frequent loose stools which should improve over 2-3 weeks. If you have any other problems, please call our nursing staff for assistance.