

Michael J. Fucci, MD

*Specializing in Diseases
Of the Ear, Hearing,
Balance & Skull Base:
Adult & Pediatric*

*Fellowship Trained In
Neurotology & Skull Base
Surgery*

*Board Certified in
Subspecialty of Neurotology
by American Board
of Otolaryngology*

*Board Certified in
Otolaryngology by
American Board of
Otolaryngology*

*American Academy of
Otolaryngology -
Head & Neck Surgery*

American Medical Assoc.

American Neurotology Soc.

Ashleigh Lewkowitz, Au.D.
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Arizona Hearing & Balance Center

NICOTINIC ACID REGIMEN

Nicotinic acid (Niacin), in sufficient dosage, produces vasodilatation (stimulation of circulation). It is made by many by many companies and is available without a prescription in various sizes (25, 50 and 100 milligrams). Although nicotinic acid is vitamin B, we are prescribing it for its side effect of improving circulation, not as a vitamin.

Instructions

A 50mg. tablet should be taken on an empty stomach, 20 to 30 minutes before meals. If a slight tingling or flushing is noted on the skin of the face, one tablet is sufficient. If a strong flush occurs, either break the tablet in half or obtain the 25mg size and take the tablet after meals instead of before meals.

If no flush is noted with the original 50mg tablet, then take 2 tablets or 100mgs the next time. Continue increasing the dosage by 1 tablet each medication time until a slight flush is obtained. If a strong flush occurs, then reduce the dosage by 25mgs.

If a sensation of flushing is not obtained with a single dose of four 50mg tablets (200mgs total), continue with this dose as it will be working in the ear whether it is noticeable on the skin or not. A flush will occur with different dosages at different times of the day.

Take the medication as follows:

___ Before breakfast

___ Before bedtime

___ Before breakfast and dinner

___ Before breakfast, lunch, and dinner

___ Before breakfast, lunch, dinner and at bedtime

Should you have any questions pertaining to these instructions, please telephone our office at (480) 558-5306.