



Patient & Family Guide

2024

Statins



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Statins

Why do I need this medication?

This medication helps lower high cholesterol levels.

Examples:

- › Atorvastatin (Lipitor[®])
- › Fluvastatin (Lescol[®])
- › Lovastatin (Altoprev[®])
- › Pravastatin (Pravachol[®])
- › Rosuvastatin (Crestor[®])
- › Simvastatin (Zocor[®])

My medication: _____

How do I store this medication?

- Store your medication in a tightly closed container at room temperature (15 to 30 °C) away from heat, moisture, and direct light.
- **Do not** store it in the bathroom.
- Keep all medication out of the reach of children and pets.

How do I take this medication?

You can take this medication with or without food.

What do I do if I miss a dose?

- Take the missed dose as soon as you remember.
- Skip the missed dose if it is almost time for your next dose.
- **Do not** take 2 doses at the same time.

Medications and foods to avoid

- Talk with your primary health care provider (family doctor or nurse practitioner) or pharmacist before taking any other medications, including over-the-counter products.
- Talk with your primary health care provider before taking:
 - › Gemfibrozil (Lopid®)
 - › Cyclosporin
 - › Erythromycin
 - › Warfarin
 - › Clarithromycin
 - › Niacin

- **Do not** eat grapefruit or drink grapefruit juice while taking a statin (except rosuvastatin).
- Ask your primary health care provider about any other medications or foods you should avoid.

Warnings

- Check with your primary health care provider before taking a statin if you have had:
 - › Liver disease
 - › Kidney disease
 - › A muscle disorder
- Statins are used to help control high cholesterol levels **along with a healthy eating plan and exercise**. Your primary health care provider may suggest losing weight if you are overweight. These lifestyle changes are all important to help you keep a healthy cholesterol level.

Call your primary health care provider or go to the nearest Emergency Department right away if you have:

- › Skin rash
- › Hives
- › Muscle pain
- › Weakness
- › Cramps
- › Blurred vision

If you have any of these less serious side effects, talk to your primary health care provider or pharmacist:

- › Nausea (feeling sick to your stomach)
- › Constipation (not able to poop)
- › Diarrhea (loose, watery poop)
- › Headache

If you have other side effects that you think are caused by this medication, tell your primary health care provider.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.