



Patient & Family Guide  
2017

# Statins



[www.nshealth.ca](http://www.nshealth.ca)

# Statins

## Why do I need this medicine?

This medicine helps lower high levels of cholesterol.

## Generic names:

- › Atorvastatin
- › Fluvastatin
- › Lovastatin
- › Pravastatin
- › Rosuvastatin
- › Simvastatin

## Brand names:

- › Lipitor<sup>®</sup>
- › Lescol<sup>®</sup>
- › Mevacor<sup>®</sup>
- › Pravachol<sup>®</sup>
- › Crestor<sup>®</sup>
- › Zocor<sup>®</sup>

My medicine is called: \_\_\_\_\_

**What are your questions?  
Please ask. We are here to help you.**

## **How to take and store this medicine**

- Keep all medicine out of the reach of children and pets.
- Lovastatin is taken with food, usually at suppertime. Other medicines may be taken with or without food and are usually taken at suppertime or bedtime.
- Store your medicine in a tightly closed container at room temperature (15-30 ° C) away from heat, moisture, and direct light. Do not store it in the bathroom.

## **If you miss a dose**

- Take it as soon as possible.
- Skip the missed dose if it is almost time for your next scheduled dose.
- Do not take two doses at the same time.

## Medicines and foods to avoid

- Ask your doctor or pharmacist before taking any other medicines, including over-the-counter products.
- Do not have grapefruit or grapefruit juice if you are taking any of these medicines (except rosuvastatin).
- Check with your doctor before taking gemfibrozil (Lopid®), cyclosporin, erythromycin, warfarin (Coumadin®), clarithromycin, niacin, or about any medicines or foods that you should avoid.

## Warnings

- Check with your doctor before taking these medicines if you have had liver disease, kidney disease, or a muscle disorder.
- These medicines are used to control high cholesterol levels **along with diet and exercise**. Your doctor may suggest weight loss if you are overweight. These lifestyle changes are all important in keeping your cholesterol level normal.

**Call your doctor right away or go to the Emergency Department 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 doctor or pharmacist:**

- › Nausea
- › Constipation
- › Diarrhea
- › Headache

**If you have other side effects that you think are caused by this medicine, tell your doctor.**



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For more information go to <http://library.novascotia.ca>

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**Nova Scotia Health Authority**

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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