



## Cholesterol Lowering Agents

Drug	Brand Name	
Atorvastatin	Lipitor	
Fluvastatin	Lescol	Vastin
Pravastatin	Pravachol	
Simvastatin	Lipex	Zocor

### What is it used for?

This class of medications are used to lower blood cholesterol levels (treat hypercholesterolaemia).

They inhibit an enzyme which is involved in the production of cholesterol.

### How to take this drug

This medication must be taken regularly. If a dose is missed, only take the dose if you remember within three hours. If not, do not take the missed dose, and take the next dose when it is due normally. Do not take two doses at once. Try to take these medications at night.

**Take this medication only as the directions say on the pharmacy label.**

### Before you take this medication it is important to tell your doctor if you:

- Are pregnant or plan to become pregnant
- Are breast feeding
- Drink large amounts of alcohol
- Have liver disease
- Have had side effects from other cholesterol lowering medications

### Side Effects

Side effects occur in some people taking this medication. If they are troublesome to you, speak to your doctor or pharmacist.

- Nausea
- Constipation, diarrhoea
- Headache
- Upset stomach

### It is very important to tell your doctor immediately if you have:

- **Muscle pain, weakness or cramps**

### Other important facts

- Do not eat or drink grapefruit while taking this medicine
- Try to drink moderate amounts of alcohol, as in combination with these medications and large amounts of alcohol, you can develop liver problems
- Eat a low fat diet, exercise and quit smoking. The medications control the amount of cholesterol your body produces naturally, not the amount you eat in your diet
- Never share your medication with anyone
- Keep the medicine out of reach of children

**If you have any queries about your medications, talk to your Doctor or pharmacist.**

**This information is only designed for use as an educational aid and is general in nature.**

*This resource was produced using information from Hospital Pharmacy Services and assistance from Royal Darwin Hospital Pharmacy.*

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