

## Patient information

# Statins (cholesterol lowering drugs)

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow their instructions.

Your GP may give you the same tablets known by a different name—the brand name. You should always check with your GP or pharmacist if you are unsure.

Examples	Trade names
Simvastatin	Zocor
Pravastatin	Lipostat
Atorvastatin	Lipitor
Rosuvastatin	Crestor

## What are statins used for?

Statins are used to reduce the level of cholesterol in your blood and the risk of developing a heart attack or stroke.

## How do they work?

Statins inhibit or block the production of cholesterol in the liver and as a result the liver withdraws cholesterol from the blood.

## Possible side effects

- Nausea and vomiting
- Flatulence

- Indigestion
- Abdominal pain
- If experiencing generalised muscle pain or weakness, stop taking this tablet and arrange to see your GP as soon as possible.

## **What if I miss a dose?**

If you forget to take your medicine, do NOT take double the dose. Take your usual dose the next day.

## **General points**

- More cholesterol is produced during the night time. For this reason, it is recommended that you take this medication at bedtime.
- Your GP may require a blood sample from you occasionally to monitor your liver function.
- These tablets must be taken alongside a low cholesterol diet to be fully effective.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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