

Medication Information

Statins

(also called HMG-CoA Reductase Inhibitors)

Other names for this medication

Atorvastatin – Lipitor[®]

Fluvastatin – Lescol[®]

Lovastatin – Mevacor[®]

Pravastatin – Pravacol[®]

Rosuvastatin – Crestor[®]

Simvastatin – Zocor[®]

There are many other names for this medication.

How this medication is used

This medication lowers the level of cholesterol in the blood. It causes the liver to make less cholesterol and changes how the blood and tissues use cholesterol. Lowering cholesterol can help prevent heart and blood vessel disease.

How to take this medication

Take this medication exactly as directed by your doctor or health care provider. It is best to take:

- Atorvastatin or Rosuvastatin any time during the day or evening.
- Fluvastatin or Pravastatin any time in the evening.
- Lovastatin or Simvastatin with your evening meal.

Atorvastatin or Simvastatin:

Grapefruit can affect the way this medication works. If you eat grapefruit or drink grapefruit juice, limit the amount you have. You may eat 1 grapefruit or drink 125 ml (4 ounces) 1 to 2 times a week.

How to take this medication (continued)

This medication should be used with a heart healthy diet. Contact your doctor, dietitian or health care provider for more information about your diet.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

If you are pregnant or thinking about getting pregnant, talk to your doctor or health care provider about the risks and benefits of taking this medication.

While taking this medication you may notice

- stomach pain
- nausea
- constipation or diarrhea
- trouble sleeping
- headache

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruits.

Contact your doctor or health care provider if you notice

- weak aching muscles that persist even when not exercising
- extreme tiredness
- weakness
- fever
- blurred vision
- dark urine
- yellow eyes or skin
- swelling of eyelids, face or lips
- skin rash or hives