Statins
HMG-CoA Reductase Inhibitors

Some medicines in this group include:
- Atorvastatin (Lipitor)
- Simvastatin (Zocor)
- Pravastatin (Pravachol)
- Lovastatin (Mevacor)
- Fluvastatin (Lescol)
- Rosuvastatin (Crestor)
- Pitavastatin (Livalo)

Statins help prevent heart attacks and strokes
They treat:
- High cholesterol by lowering bad (LDL and non-HDL) cholesterol
- High triglycerides

How to take this medicine
- This medicine is taken by mouth.
- When you first start taking this medicine, your doctor will check your liver enzymes with a blood sample. This may be rechecked from time to time.
- Your doctor will tell you how much medicine to use and how often to take it.
- Certain statins work better to lower cholesterol when taken in the evening. Ask your doctor what time of day you should take your statin.
- You can take these medicines with or without food. Some people may have stomach problems, such as diarrhea, gas, or heartburn when taking a statin. If you have these problems, you can try taking your statin with your evening meal. Tell your doctor if these problems do not go away.

Side effects may include:
- Muscle pain or cramping
- Diarrhea or constipation
- Stomach upset
- Headache
- Increased blood sugar
Call your doctor right away if you have any of these side effects:

- Excessive tiredness
- Yellowsing of the skin or eyes
- New or worsening muscle pain, aches, cramping, or weakness
- Problems passing urine
- Dark-colored urine or pale stools
- Rash or itching
- Severe stomach pain
- Chest pain
- Confusion, forgetfulness, or memory loss

Warnings

- Be sure to let your doctor know if you have a history of liver, kidney, or thyroid disease.
- This medicine may be harmful to an unborn baby. If you plan to become pregnant, notify your doctor right away to make a safe plan before you become pregnant. If you become pregnant, STOP this medicine, and tell your doctor right away.
- Statins interact with many other drugs. Be sure to let your doctor and pharmacist know if you are started on any new prescription medicines or before you take any new herbal or dietary supplement.
- Grapefruit interacts with some statins and separating the timing of when you eat grapefruit with the timing of your daily statin will NOT stop the interaction. Be sure to ask your doctor if you can have grapefruit with your statin.
- Tell your doctor if you drink alcohol.
- It is important to follow your doctor’s instructions for a heart healthy diet low in saturated fat in addition to taking your statin.

For questions about this medicine, ask your doctor, nurse, or pharmacist.