Statins
HMG-CoA Reductase Inhibitors

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

Statins are used to help prevent heart attacks and strokes.
They treat:
- High cholesterol by lowering bad (LDL) cholesterol
- High triglycerides

How to take this medicine:
- This medicine is taken by mouth.
- When you first start taking this medicine, your prescriber will check your liver enzymes with a blood sample. This may be rechecked from time to time.

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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 prescriber 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
- Yellowing 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 or kidney disease.
- This medicine may be harmful to an unborn baby. Tell your doctor right away if you become pregnant.
- Statins interact with many other drugs. Be sure to let your prescriber and pharmacist know if you are started on any new prescription medicines or before your 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 prescriber if you can have grapefruit with your statin.
- Tell your doctor if you drink alcohol.
- It is important to follow your prescriber’s instructions for a low cholesterol diet to get the most benefit from your statin.

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

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.