

### **Can the Medications be Administered / Taken With Other Medications?**

- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

### **Do I Need Regular Monitoring When Taking These Medications?**

- Regular monitoring of blood tests will be required.
- It is important that you attend all follow-up visits with your doctor.

### **Are There any Special Precautions That I Need to Take?**

- Discuss with your doctor if you intend to conceive or breastfeed while taking this medication. The medication must be stopped prior to conception.
- If you are pregnant, stop the medication and inform your doctor immediately.

### **What Else can I do to Help My Condition?**

- Maintain a healthy diet by eating foods low in saturated fat, trans-fat, sodium and added sugars. Eat more vegetables, fruits, whole grains and fish.
- Maintain an active lifestyle by exercising regularly.

### **How do I Store These Medications?**

- Store your oral medication in a cool, dry place away from heat, moisture and direct sunlight.
- Store Alirocumab or Evolocumab in a refrigerator between 2 – 8°C. Do not freeze.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

## **PHARMACY**

### **Drug Information**

## **Medications to Treat High Cholesterol and Triglycerides**



## What are These Medications Used For?

- These medications are used to treat high cholesterol and triglyceride levels in the blood.
- They work by reducing the build-up of fatty substances called cholesterol plaques on the walls of blood vessels, which may result in blockage of blood vessels.
- These cholesterol-lowering medications reduce your risk of developing heart attacks and strokes.
- High triglyceride levels can also cause pancreatitis (inflammation of the pancreas), a serious condition that results in abdominal pain and vomiting.

## What are the Medications Used to Treat High Cholesterol and Triglycerides?

Medications	Common Side Effects	Management and Advice
Statins <ul style="list-style-type: none"> <li>• Simvastatin</li> <li>• Atorvastatin</li> <li>• Rosuvastatin</li> <li>• Lovastatin</li> <li>• Pravastatin</li> </ul>	<ul style="list-style-type: none"> <li>• Mild muscle ache</li> <li>• <u>Rare side effects:</u> <ul style="list-style-type: none"> <li>○ Unexplained severe or generalized muscle pain/weakness in large muscles e.g. thighs, back</li> <li>○ Tea-coloured (dark brown) urine</li> <li>○ Yellowing of the skin or eyes</li> <li>○ Abdominal pain</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Take Lovastatin after food for better absorption</li> <li>• Take Simvastatin or Lovastatin at night</li> <li>• Do not take grapefruit juice if you are taking Simvastatin, Atorvastatin or Lovastatin</li> <li>• Mild muscle aches will usually resolve with time</li> </ul>
Fibrates <ul style="list-style-type: none"> <li>• Fenofibrate</li> <li>• Gemfibrozil</li> </ul>		
Miscellaneous agents <ul style="list-style-type: none"> <li>• Ezetimibe</li> </ul>		
Omega-3 Fatty Acids <ul style="list-style-type: none"> <li>• Omega-3 fish oil</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea or vomiting</li> <li>• Fishy taste with burping</li> </ul>	<ul style="list-style-type: none"> <li>• Take fish oil after food to minimize nausea and bad taste</li> </ul>

Medications and how they work	Common Side Effects	Management and Advice
Miscellaneous agents <ul style="list-style-type: none"> <li>• Colestyramine</li> </ul>	<ul style="list-style-type: none"> <li>• Colestyramine may cause constipation or diarrhea and nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Mix each packet of colestyramine in a full glass of plain water and take with meals.</li> <li>• Take colestyramine at least 4-6 hours before or 1 hour after other medications.</li> </ul>
PCSK9 inhibitors <ul style="list-style-type: none"> <li>• Alirocumab</li> <li>• Evolocumab</li> </ul>	<ul style="list-style-type: none"> <li>• Redness or swelling, itching, or pain where the injection is given</li> <li>• Flu-like symptoms</li> <li>• <u>Rare side effects:</u> <ul style="list-style-type: none"> <li>○ Severe allergic reaction: skin peeling or blistering, chest or throat tightness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Take the injection out of the fridge. Wait 30 minutes for it to reach room temperature</li> <li>• Injection sites: belly (two inches away from the belly button), top of the thigh, or upper arms</li> <li>• Change sites each time you give the injection</li> <li>• Refer to the specific information leaflet for more information on injection techniques.</li> <li>• Seek medical attention immediately if you experience any of the rare side effects</li> </ul>

If you experience any of the rare side effects above, please seek medical attention immediately.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.