

Statins

How do they work?

Statins are a group of medicines used to lower bad cholesterol (LDL) and triglycerides, while increasing good cholesterol (HDL).

What are they used for?

They are used to:

- prevent heart attacks
- prevent strokes
- delay the progression of heart disease
- correcting/managing cholesterol levels



Are there any Side Effects?

Some side effects that people have had while taking these medicines include:

- Constipation or diarrhea
- Abdominal pain
- Flatulence
- Heartburn
- Headache

Call your doctor/nurse practitioner (NP) if you have any of the following side effects:

- Severe muscle pain
- Darkening of the urine
- Severe stomach pain
- Yellowing of the skin and/or eyes



How Do I Take Them?

They are taken once daily with or without food. Atorvastatin, rosuvastatin, and pravastatin can be taken ANY time of day.

Simvastatin, Lovastatin, and Fluvastatin tend to work better when they are taken in the evening.

Grapefruit juice may increase side effects for people on certain statins.

Avoid grapefruit juice while on atorvastatin, simvastatin, or lovastatin.

Because they are used to treat a chronic condition, you may be taking this medicine lifelong.

Do NOT stop taking this medicine without checking with your doctor/NP first.

Be sure to fill your prescription as soon as possible following discharge from the hospital.

What are some commonly used Statins?

Generic Name	Brand Name
Atorvastatin	Lipitor
Pravastatin	Pravacol
Simvastatin	Zocor
Lovastatin	Mevacor
Fluvastatin	Lescol
Rosuvastatin	Crestor

Please note that this information sheet does not contain complete information about Statins. If you need more information about this drug, be sure to ask your doctor/NP or pharmacist.