

Patient Education



Cholesterol Lowering Agents

Your Cholesterol Lowering Agent is called: _____

The following information is to give you a better understanding of the medication prescribed to you and is not intended as medical advice.

What are Cholesterol Lowering Agents?

Cholesterol Lowering Agents are a **group of medications that are prescribed to lower cholesterol and other fats in the blood**. This may help prevent medical problems caused by cholesterol clogging in the blood vessels.

How they work:

- **“Statin” medications** lower the bad cholesterol (LDL) and increase the good cholesterol (HDL) by blocking the enzyme needed by the liver to produce cholesterol, resulting in lowering cholesterol. (*Example – Lovastatin, Pravastatin...*).
- **Other medications** increase the breakdown of cholesterol in the body (*Example – Gemfibrozil, Fenofibrate, Bexafibrate*) and **some medications** prevent the body from absorbing the cholesterol ingested. (*Example – Cholestyramine*).

Common side effects:

- Nausea.
- Vomiting.
- Change in colour of urine.

Contact your doctor immediately if you experience:

- **Muscle aches, pains or weakness** – which can sometimes be caused by “statin” medications.

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The information contained in this document are for information purposes only. They are not intended to be used as or replace medical advice given by a qualified health care provider.

Precautions to take

- Do not stop taking the medication without checking with your doctor or nurse practitioner first.
- Tell the doctor or dentist before having any kind of surgery (including dental) or an emergency treatment.
- Avoid grapefruits/ grapefruit juice as it may interfere with the breakdown of the “statin” medications and increase the risk of side effects.
- Most Cholesterol Lowering Agents are best taken in the evening with a meal or at bed time.

More information

Do not hesitate to contact your doctor, nurse or pharmacist if you have any further questions about the medication you are taking.

The common side effects may be seen but generally go away as your body adjusts to the medication. Check with your doctor if they continue or become bothersome.

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