



HMG-CoA REDUCTASE INHIBITORS (STATINS)

Patient Information

Indications

The statin drugs lower low density lipoprotein (LDL) cholesterol and triglyceride levels, and raise high density lipoprotein (HDL) cholesterol levels. Statin drugs are used in combination with a low fat/cholesterol diet and exercise.

How quickly do they work?

The statin drugs exert their maximum response in 4-6 weeks.

Side Effects

In general these medications are well tolerated with adverse effects being mild and transient. More common side effects include: headache, constipation or diarrhea, and abdominal pain.

If you experience any muscle pain, tenderness, or weakness contact your physician immediately.

Drug Interactions (this list is not all inclusive)

Bile acid sequestrants (Questran, Colestid)
Cyclosporine (Sandimmune, Neoral)
Digoxin (Lanoxin)
Erythromycin
Gemfibrozil (Lopid)
Grapefruit juice
Itraconazole (Sporanox)
Ketoconazole (Nizoral)
Niacin
Warfarin (Coumadin)

Dosing Information

- It is best to take the statin drug in the evening (with the last meal of the day or at bedtime) since your body makes most of its cholesterol while you sleep.
- Restrict your alcohol intake while on the statin drug.
- Maintain a low fat, low cholesterol diet.
- Photosensitivity may occur. Therefore, use sunscreen or protective clothing when in the sun.
- Tell your doctor if you have started on any new prescription, over the counter medication, or herbal product while taking the statin drug.

Common Dosages

Atorvastatin (Lipitor): 10-80mg daily

Fluvastatin (Lescol): 20-80mg daily

Lovastatin (Mevacor): 10-80mg daily.

Pravastatin (Pravachol): 10-80mg daily in the evening

Simvastatin (Zocor): 5-80mg daily in the evening.

Rosuvastatin (Crestor): 5-40mg daily.

Laboratory Monitoring

While taking the statin drug you will be asked to have blood work (cholesterol, liver function tests) done periodically.