

LIPITOR®

Atorvastatin film coated tablet 10 mg, 20 mg, 40 mg & 80 mg



What is in this leaflet

Please read this leaflet carefully before you start taking Lipitor.

This leaflet answers some common questions about Lipitor.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Lipitor against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What Lipitor is used for

Lipitor is used to lower high cholesterol levels.

Lipitor is also used to help reduce the risk of having a heart attack or stroke in people who have high blood pressure and coronary heart disease (CHD) or who are at risk of CHD. Examples of risk factors for CHD include diabetes, a history of stroke, or small blood vessel disease.

What is Cholesterol?

Everyone has cholesterol in their blood. It is a type of blood fat needed by the body for many things, such as building the cell lining, making bile acids (which help to digest food) and some hormones.

However, too much cholesterol can be a problem.

Cholesterol is present in many foods and is also made in your body by the liver. If your body makes too much cholesterol or you have too much cholesterol in your diet, then your level becomes too high.

High cholesterol is more likely to occur with certain diseases or if you have a family history of high cholesterol.

There are different types of cholesterol. LDL, or low-density lipoprotein, is the 'bad' cholesterol that can block your blood vessels. HDL, or high density lipoprotein, cholesterol is the 'good' cholesterol that is thought to remove the bad cholesterol from the blood vessels.

When you have high levels of 'bad' cholesterol in your blood, it may begin to 'stick' to the inside of your blood vessels instead of being carried to the parts of the body where it is needed. Over time, this can form hard areas, also called plaque, on the walls of your blood vessels, making it more difficult for the blood to flow. Sometimes, the plaque can detach from the vessel wall and float in the bloodstream; it can then reach a smaller vessel and completely block it. This blocking of your blood vessels can lead to several types of blood vessel disease, heart attack, angina and stroke.

There is another type of blood fat called triglyceride, which is a source of energy. However, high levels of triglyceride can be associated with a low level of 'good' cholesterol and may increase your risk of heart disease.

In some patients, Lipitor is used to treat high cholesterol and high triglycerides together.

In most people, there are no symptoms of abnormal cholesterol

or triglyceride levels. Your doctor can measure your levels with a simple blood test.

How Lipitor works

Lipitor belongs to a group of medicines called HMG-CoA reductase inhibitors. It works by reducing the amount of cholesterol made by the liver. Lipitor reduces the 'bad' cholesterol and can raise the 'good' cholesterol. Lipitor also helps to protect you from a heart attack or stroke.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed this medicine for another reason.

Lipitor is not addictive.

This medicine is available only with a doctor's prescription.

Before you take Lipitor

When you must not take it

Do not take Lipitor if you have an allergy to:

- any medicine containing atorvastatin
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not take Lipitor if you have active liver disease.

Do not take this medicine if you are pregnant or intend to become pregnant.

If you are a woman of child-bearing age and are taking this medicine, use a proven method of birth control to avoid pregnancy.

It may affect your developing baby if you take it during pregnancy.

Do not breastfeed if you are taking this medicine.

The active ingredient in Lipitor may pass into breast milk and affect your baby.

Do not take Lipitor if you are taking the antibiotic fusidic acid which is used to treat infections.

Do not take Lipitor if you are taking antiviral medicines such as glecaprevir/pibrentasvir used to treat Hepatitis C.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Your doctor will ask you to have your liver function tested before you start to take Lipitor.

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- liver problems
- kidney problems
- muscle pain, tenderness or weakness from other medicines used to treat high cholesterol or triglycerides

- a type of stroke called a haemorrhagic stroke or a type of stroke called a lacunar stroke
If you have had one of these strokes before, this medicine may increase the risk of you having a haemorrhagic stroke
- breathing problems
- hormonal problems

Tell your doctor if you drink alcohol regularly.

Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding.

Your doctor can discuss with you the risks and benefits involved.

If you have not told your doctor about any of the above, tell them before you start taking Lipitor.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop.

You should also tell any health professional who is prescribing a new medication for you that you are taking Lipitor.

Some medicines may interfere with Lipitor. These include:

- digoxin, a medicine used to treat some heart problems
- diltiazem, a medicine used to treat angina
- ticagrelor, a medicine used to reduce the risk of stroke or heart attack
- other medicines to treat high cholesterol or triglycerides
- antacids, medicines used to treat reflux or ulcers
- the antibiotics erythromycin, clarithromycin, rifampicin or fusidic acid
- phenytoin, a medicine used to treat epilepsy (seizures)
- oral contraceptives for birth control

- ciclosporin, a medicine used to suppress the immune system
- some medicines used to treat some fungal infections, such as itraconazole or ketoconazole
- protease inhibitors for the treatment of HIV infection and/or Hepatitis C, such as efavirenz, fosamprenavir, ritonavir, boceprevir, telaprevir, glecaprevir/pibrentasvir, tipranavir/ritonavir, elbasvir/grazoprevir and simeprevir
- HCV non structural protein 5A (NS5A)/5B (NS5B) inhibitors such as daclatasvir and ledipasvir
- letermovir
- spironolactone, a medicine used to treat high blood pressure and certain types of swelling
- vitamin B3
- colchicine, a medicine used to treat a disease with painful, swollen joints caused by uric acid crystals.

These medicines may be affected by Lipitor or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take Lipitor

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

Your doctor will discuss with you the need to be on a diet while you are taking Lipitor.

Follow your agreed diet plan carefully.

If you do not understand the instructions, ask your doctor or pharmacist for help.

How much to take

Your doctor will tell you how many tablets you need to take each day. This may depend on your condition and whether or not you are taking any other medicines.

The usual dose of Lipitor is between 10-80 mg taken once a day.

How to take it

Swallow the tablets whole with a full glass of water. Do not chew or crush the tablets.

When to take it

Lipitor can be taken at any time of the day. However, take your medicine at about the same time each day.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take this medicine before or after food.

How long to take it

Take Lipitor every day and continue taking it for as long as your doctor tells you.

This medicine helps to lower your levels of cholesterol, but it does not cure your condition. It is important to keep taking your medicine even if you feel well. If you stop taking Lipitor, your cholesterol levels may rise again.

If you forget to take it

If it is less than 12 hours before your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

While you are taking Lipitor

Things you must do

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Lipitor.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine. It may affect other medicines used during surgery.

If you become pregnant while you are taking Lipitor, stop taking it and contact your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.

Keep all of your doctor's appointments so that your progress can be checked. Your doctor will ask you to have your liver function tested from time to time while you are taking Lipitor to make sure the medicine is working and to prevent unwanted side effects.

Your cholesterol and triglyceride levels also need to be checked regularly while you are taking this medicine.

A regular blood test to check an enzyme called creatine kinase (CK) may be needed. CK in your blood can rise after muscle injury which can be caused by medicines used to treat cholesterol or triglycerides, such as Lipitor.

Things you must not do

Do not take Lipitor to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

If you stop taking it suddenly, your conditions may worsen or you may have unwanted side effects.

Do not stop taking your medicine or lower the dosage without checking with your doctor. If possible, your doctor will gradually reduce the amount you take each day before stopping the medicine completely.

Things to be careful of

Be careful driving or operating machinery until you know how Lipitor affects you.

Lipitor generally does not cause any problems with your ability to drive a car or operate machinery. However, as with many other medicine, Lipitor may cause dizziness in some people.

If you feel dizzy, do not drive, operate machinery or do anything else that could be dangerous.

Be careful when drinking large quantities of alcohol while you are taking this medicine.

Drinking large quantities of alcohol while taking Lipitor may increase your chance of getting liver problems.

Avoid drinking large quantities of grapefruit juice.

Grapefruit juice contains one or more components that alter the metabolism of some medicines, including Lipitor. Drinking very large quantities (over 1.2 litres) of grapefruit increases your chance of getting side effects.

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the

change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Things that would be helpful for your condition

Some self help measures suggested below may help your condition. Your doctor or pharmacist can give you more information about these measures.

- **Weight:** While you are taking Lipitor, you need to follow a diet plan agreed to with your doctor. This may include measures to lose some weight.
- **Exercise:** Regular exercise can help lower your cholesterol levels. It is important not to overdo it. Before commencing regular exercise, you should consult your doctor who will suggest the most suitable exercise for you. If you experience any discomfort when exercising, see your doctor.
- **Alcohol:** Excessive alcohol intake can raise your cholesterol levels or affect your liver function, which could increase the chance of you getting unwanted side effects. Your doctor may discuss with you whether you should reduce the amount of alcohol you drink.
- **Smoking:** Smoking increases the risk of you suffering from heart problems. Your doctor may advise you to stop smoking.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have

taken too much Lipitor. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Lipitor.

This medicine helps most people to lower their cholesterol levels, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- muscle and joint pain, muscle weakness, especially in the forearms, thighs, hips, shoulders, neck, and back
- difficulty climbing stairs or standing up from a chair
- difficulty lifting arms over the head
- falling and difficulty getting up from a fall
- constipation, diarrhoea
- stomach or belly pain, nausea (feeling sick)
- heartburn, indigestion or wind
- urine infection
- headache
- stuffy or runny nose
- nose bleeds
- rash
- blurred vision

The above list includes the more common side effects of your medicine.

They are usually mild and short-lived.

Tell your doctor as soon as possible if you notice any of the following:

- yellowing of the skin and eyes and dark coloured urine
- feeling weak and tired, excessively thirsty and passing more urine
- vision problems, eye muscle weakness or drooping eyelids
- problems with breathing, including shortness of breath, persistent cough and fever.

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- symptoms of allergy such as skin rash, itching, swelling of the face, lips, mouth, tongue, throat or neck which may cause difficulty in swallowing or breathing
- chest pain
- unexpected muscle pain, tenderness or weakness not caused by exercise, particularly if you also feel unwell or have a fever
- sudden severe headache, which may be accompanied by nausea, vomiting, loss of sensation, tingling in any part of the body or ringing in the ears
- severe blisters and bleeding of the lips, eyes, mouth, nose or genitals.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people. Tell your doctor if you notice any other effects.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After taking Lipitor

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store Lipitor or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

Lipitor tablets are available in four strengths:

Lipitor 10 mg – Debossed '10' on one side and 'ATV' on the other

Lipitor 20 mg – Debossed '20' on one side and 'ATV' on the other

Lipitor 40 mg – Debossed '40' on one side and 'ATV' on the other

Lipitor 80 mg – Debossed '80' on one side and 'ATV' on the other

Ingredients

Active ingredient:

Lipitor contains 10, 20, 40, or 80 mg of atorvastatin as the active ingredient.

Inactive ingredients:

Lipitor also contains:

- Calcium carbonate
- Microcrystalline cellulose
- Lactose monohydrate
- Croscarmellose sodium
- Polysorbate 80
- Hypromellose
- Magnesium stearate
- Opadry White YS 1 7040
- Simethicone emulsion

Contains lactose and benzoic acid.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

Lipitor is supplied in New Zealand by:

Viatrix Ltd
PO Box 11-183
Eilerslie
AUCKLAND
www.viatrix.co.nz
Telephone 0800 168 169

Date of Preparation

28 January 2025
(Based on datasheet dated 28 January 2025)

Lipitor® is a Viatrix company trade mark.