

# Understanding your treatment with NILEMDO<sup>®</sup> ▼ (bempedoic acid)

You have received this leaflet because your doctor has prescribed you NILEMDO<sup>®</sup> to treat your high cholesterol.

This leaflet provides information on how your medicine works, tips on how to take your medicine and what to do if you experience any potential side effects. The information in this leaflet does not replace the information in the NILEMDO<sup>®</sup> Patient Information Leaflet. You can also speak to your doctor, nurse or pharmacist and visit [mydltreatment.co.uk](http://mydltreatment.co.uk) to learn more.

## 1. Why have I been prescribed NILEMDO<sup>®</sup>?

You have been prescribed NILEMDO<sup>®</sup>, a medicine that helps to lower 'bad' cholesterol (a type of fat) in your blood, sometimes called LDL-C. Your doctor may have already prescribed you a statin or other cholesterol-lowering medicines.

**If you are taking NILEMDO<sup>®</sup> with other medicines, it's important to take them all exactly as your doctor has prescribed. This will give you the best chance of lowering your cholesterol.**

## 2. How does NILEMDO<sup>®</sup> work to lower bad cholesterol?

NILEMDO<sup>®</sup> contains an active ingredient, bempedoic acid, which lowers 'bad' cholesterol.

NILEMDO<sup>®</sup> is a different type of medicine to a statin and works in a different way. Bempedoic acid is active in the liver and not in muscle cells.



Bempedoic acid decreases the production of cholesterol in the liver and increases the removal of LDL-cholesterol from the blood

- Good cholesterol (or HDL-C)
- Bad cholesterol (or LDL-C)

## 3. How do I take NILEMDO<sup>®</sup>?

Before taking NILEMDO<sup>®</sup>, tell your doctor or pharmacist about:

- Any other medicines that you are taking, have recently taken or might take
- If you have ever had gout, have severe kidney problems, or have severe liver problems
- If you are pregnant, trying to get pregnant or breast-feeding

It's really important to keep taking your treatment every day in addition to other cholesterol-lowering medicines that you may have been prescribed to lower your bad cholesterol. **Always talk to your doctor before stopping treatment.**



Take your tablet once a day with or without food, whichever is more convenient



Swallow your tablet whole. It's important not to crush, split or chew the tablet



Take your treatment exactly as your doctor or pharmacist has recommended

If you take more tablets than you should, contact your doctor or pharmacist immediately.

If you forgot a dose late in a day, take the missed dose and take the next dose at your regular time the next day. If you notice that you forgot the previous day's dose, take your tablet at the regular time, and do not make up for the forgotten dose.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may experience. Please visit <https://yellowcard.mhra.gov.uk> to report side effects.

Before taking NILEMDO<sup>®</sup>, you should tell your doctor or pharmacist about any other medicines you are taking, have recently taken or might take. You should also tell them if you have ever had gout, moderate or severe liver problems and/or severe kidney problems.

Visit our website for more information.



# Can I expect any side effects with NILEMDO®?

(bempedoic acid)

Like all medicines, NILEMDO® can cause side effects, although not everybody gets them. If you experience any side effects with NILEMDO®, including any not mentioned here, **please let your doctor, nurse or pharmacist know.**

## 4. What are the most common side effects with NILEMDO®?



### Symptoms of anaemia (lower numbers of red blood cells), which could include:

- Unusual tiredness
- Headache
- Shortness of breath



### Symptoms of increased levels of uric acid/gout, which could include:

- Sudden severe pain in any joint – usually the big toe, fingers, wrists, elbows, or knees
- Red, hot, or swollen skin over the affected joint



### Other common symptoms, which could include:

- Pain in shoulders, legs, or arms
- Blood test results indicating liver abnormalities

A list of potential side effects can be found in the patient information leaflet that comes with your medicine.

## 5. What should I do if I experience any side effects?

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed here or in the patient information leaflet that came with your medicine. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>

By reporting side effects, you can help provide more information on the safety of this medicine.

Further information is available from your doctor or pharmacist. You can also visit [myldtreatment.co.uk](https://myldtreatment.co.uk)



**If you experience unexplained muscle pain, tenderness, or weakness while taking NILEMDO® and a statin, tell your doctor immediately.**

Visit our website for more information.

