

# Understanding your treatment with NUSTENDI<sup>®</sup>▼ (bempedoic acid and ezetimibe)

**This guide is intended for patients who have  
been prescribed NUSTENDI<sup>®</sup>**

▼ 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 NUSTENDI<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.

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## What is this booklet about?

You have been given this booklet because your doctor has prescribed you NUSTENDI® to treat your high cholesterol.

Here, you will find information on your condition and how your medicine works to lower cholesterol in your blood. You can also find useful tips and guidance 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 NUSTENDI® Patient Information Leaflet. You can also speak to your doctor, nurse or pharmacist and visit **[myldtreatment.co.uk](https://myldtreatment.co.uk)** to learn more.

# What is cholesterol?

Cholesterol is a fatty substance made in your liver and is found in some foods too. We all need a certain amount of cholesterol in our blood to keep healthy but too much can clog up our arteries and lead to health problems in the future.

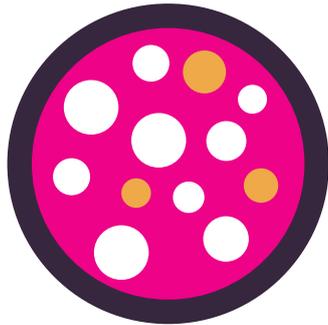
## How does good and bad cholesterol affect arteries?

There are two main types of cholesterol:



### Good cholesterol (or HDL-C)

This is associated with lowering your risk of heart disease or having a stroke



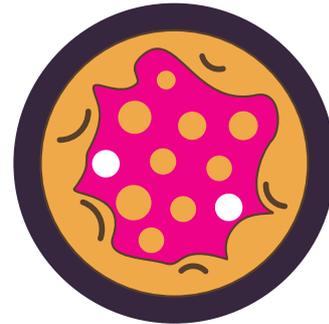
### Healthy artery

High levels of good cholesterol,  
low levels of bad cholesterol



### Bad cholesterol (or LDL-C)

This can block your arteries, increasing your risk of a heart attack or stroke



### Artery narrowed

Too much bad cholesterol,  
not enough good cholesterol

## What can cause high levels of bad cholesterol?



Eating fatty foods



Smoking



Drinking alcohol



Being overweight



Not getting enough  
regular exercise



Inherited through family

## Managing bad cholesterol through healthy living

You may be able to modify your cholesterol levels by making lifestyle changes. These can include eating healthily, exercising regularly, reducing alcohol intake and quitting smoking. However, when lifestyle changes aren't doing enough, you may need treatment with cholesterol - lowering therapies, such as NUSTENDI®.

### Why have I been prescribed NUSTENDI®?

You have been prescribed NUSTENDI® to help lower bad cholesterol in your blood (LDL-C). Your doctor may have already prescribed you a statin or other cholesterol-lowering medicines. **If you are taking NUSTENDI® 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.**

# How does **NUSTENDI®** work to lower bad cholesterol?

**NUSTENDI®** contains two active ingredients called **bempedoic acid** and **ezetimibe**, which lower bad cholesterol in two different ways.

## Bempedoic acid works in your liver

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)

## Ezetimibe works in your intestines

Ezetimibe works in your bowel by reducing the amount of cholesterol absorbed from food



**NUSTENDI® is a different type of medicine to a statin and works in a different way. Neither of the active components in NUSTENDI® are active in muscle cells. If you want to know more about how NUSTENDI® works to lower your bad cholesterol, talk to your doctor, nurse or pharmacist.**

# How do I take NUSTENDI®?

Before taking NUSTENDI®, you should 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.**

Do not take NUSTENDI® if you are pregnant, breast feeding, allergic to bempedoic acid, ezetimibe or any ingredients listed in the package leaflet, or if you take more than 40 mg of simvastatin daily. You should avoid driving or using machines if you think your ability to react is reduced.

**Please ask your doctor or pharmacist if you have any questions or concerns.**

## How to take your tablet



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.

If you are taking colestyramine, take NUSTENDI® either at least 2 hours before or at least 4 hours after taking colestyramine.

**Talk to your doctor if you have any concerns.**

# Can I expect any side effects with NUSTENDI<sup>®</sup>?

Like all medicines, NUSTENDI<sup>®</sup> can cause side effects, although not everybody gets them. If you experience any side effects with NUSTENDI<sup>®</sup>, including those not mentioned in this booklet, **let your doctor, nurse or pharmacist know and also see p15 of this booklet**. A list of potential side effects can be found in the patient information leaflet that comes with your medicine.



**You should contact your doctor immediately if you experience any of the following serious side effects:**

- Muscle pain or weakness
- Yellowish skin and eyes, abdominal pain, dark urine, swollen ankles, decreased appetite, and feeling tired, which could be signs of liver problems
- Allergic reactions including rash and hives; raised red rash, sometimes with target-shaped lesions (erythema multiforme)
- Gallstones or inflammation of the gallbladder (which may cause abdominal pain, nausea, vomiting), inflammation of the pancreas often with severe abdominal pain
- Reduction in blood platelets, which may cause bruising/bleeding (thrombocytopenia)

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

# What are the most common side effects with NUSTENDI®?

**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:**

- Decreased haemoglobin (a protein in red blood cells)
- Decreased appetite
- Dizziness or headache
- High blood pressure
- Cough
- Constipation, diarrhoea or abdominal pain
- Nausea
- Blood test results indicating liver abnormalities
- Dry mouth
- Abdominal bloating and gas, inflammation of the stomach lining (gastritis)
- Muscle spasm, muscle pain, pain in shoulders, legs or arms, back pain, muscle weakness, joint pain
- Raised creatinine and blood urea nitrogen (laboratory tests of kidney function)
- Unusual tiredness or feeling weak

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

# 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 to provide more information on the safety of NUSTENDI®.** Further information is available from your doctor or pharmacist. You can also visit [myldtreatment.co.uk](http://myldtreatment.co.uk)

## Contact details for your medical team

Keep the contact details for your medical team handy by making a note of them here.

### **My doctor's contact details:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

### **My pharmacist's contact details:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

### **My nurse's contact details:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_





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Visit our website for  
more information.

