

Understanding your treatment with NUSTENDI®

(bempedoic acid and ezetimibe)

You have received this leaflet because your doctor has prescribed you NUSTENDI® 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 NUSTENDI® Patient Information Leaflet. You can also speak to your doctor, nurse or pharmacist and visit myldtreatment.co.uk to learn more.

1. Why have I been prescribed NUSTENDI®?

You have been prescribed NUSTENDI®, 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 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.

2. How does NUSTENDI® work to lower bad cholesterol?

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



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



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

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

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.

3. How do I take NUSTENDI®?

Before taking NUSTENDI®, 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.

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

▼ 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®, 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 NUSTENDI®?

(bempedoic acid and ezetimibe)

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

4. 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

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

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

- 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.



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.

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 myldltreatment.co.uk

Visit our website for more information.

