



Getting the Most from Your New Medicine: NHS New Medicines Service

You have received this leaflet as your pharmacist has recently spoken with you regarding your newly prescribed medicines. Please use this leaflet for support, your local community pharmacist is always happy to support with any questions you may have.

Atorvastatin

What is it used for?

Atorvastatin is used to reduce your risk of heart attacks, strokes and circulation problems. It lowers cholesterol, but more importantly it protects your heart and blood vessels over time

How should I take it?

Once daily, any time, with or without food. Take at the same time each day.

How does the drug work?

It reduces cholesterol made by the liver and helps stabilise fatty plaques in blood vessels, making them less likely to rupture and cause clots.

What can I expect when starting this medicine?

You won't feel a difference, but it is reducing long-term risk.

What are some common side effects?

Headache, stomach upset, muscle aches.

Other important advice

Reducing your cardiovascular risk

The following lifestyle changes can drastically reduce your risk of cardiovascular disease:

- Take your medication regularly
- Eat a heart-healthy diet
- Keep active
- Stop smoking
- Manage your blood pressure and diabetes (if applicable)

If you have any questions

Your community pharmacist is here to help. If you have any questions or concerns about your new medicine, your local pharmacy is available to answer any questions:

