

**This digital patient guide, developed by Daiichi Sankyo UK, is intended for healthcare professionals to download and provide to their patients once the decision to prescribe the medicine has been taken.**

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

**This guide is intended for adult patients over the age of 18 who have been prescribed Nilemdo<sup>®</sup>. You must read the Nilemdo<sup>®</sup> Patient Information Leaflet provided with your medicine. This guide does not replace the Patient Information Leaflet. Only for distribution by healthcare professionals. For further advice consult your health professional.**

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Patient Information Leaflet. You can also report side effects directly via the Yellow Card Scheme at [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk). By reporting side effects, you can help provide more information on the safety of this medicine.

**If you are currently taking a medicine called simvastatin at a dose greater than 40 mg daily you must not take Nilemdo<sup>®</sup> and should contact your doctor or pharmacist for further advice.**

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# What is this guide about?

You have been given this booklet because you have been prescribed Nilemdo<sup>®</sup> by your doctor<sup>®</sup> to treat your high cholesterol.

Here, you will find information on your condition and how your medicine works to lower a type of cholesterol in your blood. You can also find useful guidance on how to take your medicine and what to do if you experience any potential side effects.

**The information in this brochure does not replace the information in the Nilemdo<sup>®</sup> Patient Information Leaflet provided with your medicine, which you must read prior to starting Nilemdo<sup>®</sup>.** You can also speak to your doctor, pharmacist or nurse to learn more.

# What is cholesterol?

Cholesterol is a fatty substance produced by the liver and can also be found in some foods. 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 such as heart attacks and strokes.

## How does good and bad cholesterol affect arteries?

There are two main types of cholesterol:



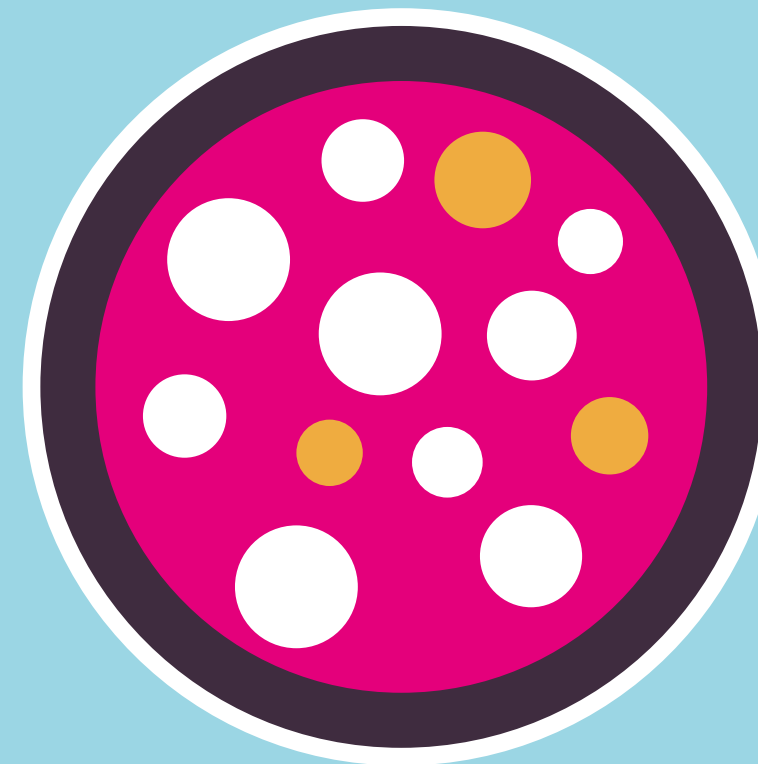
### **Good cholesterol (or HDL-C)**

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



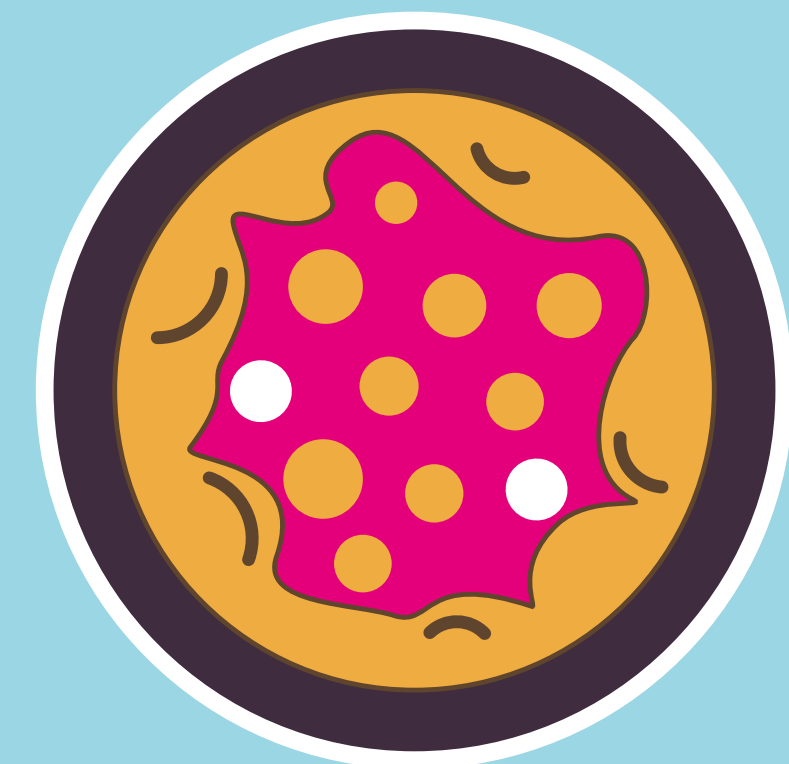
### **Bad cholesterol (or LDL-C)**

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



### **Healthy artery**

High levels of good cholesterol,  
low levels of bad cholesterol



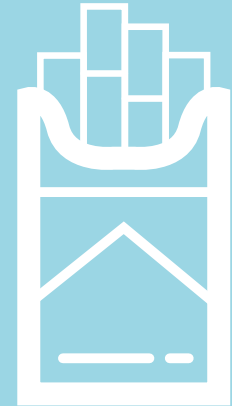
### **Artery narrowed**

Too much bad cholesterol,  
not enough good cholesterol

# What can cause high levels of bad cholesterol?



Eating fatty foods



Smoking



Being overweight



Drinking alcohol



Not getting enough regular exercise



Inherited through family

## Managing cholesterol levels 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 enough, you may need treatment with cholesterol-lowering therapies, such as Nilemdo®.

## Why have I been prescribed Nilemdo®?

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

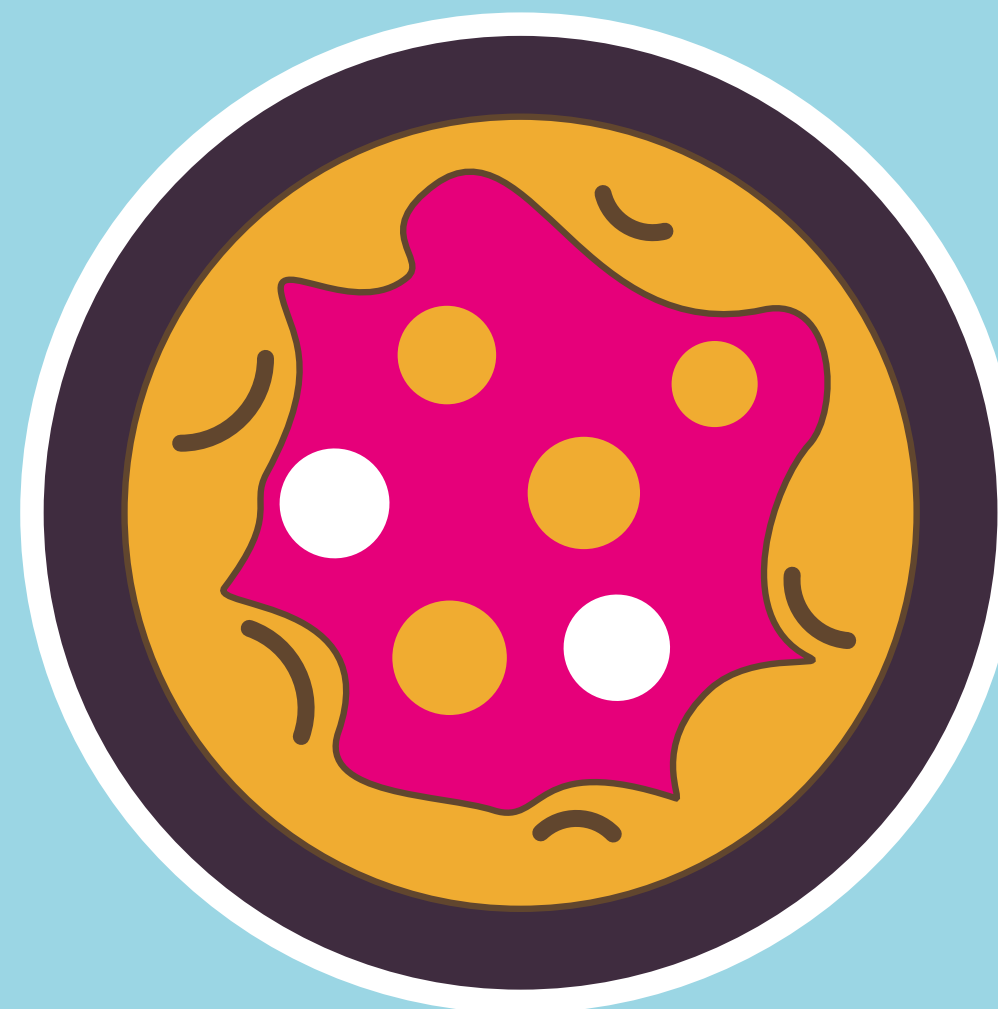
# How does Nilemdo<sup>®</sup> work to lower bad cholesterol?

Nilemdo<sup>®</sup> contains an active ingredient called **bempedoic acid**, which lowers bad cholesterol.

Nilemdo<sup>®</sup> can also help reduce cardiovascular risk through lowering the levels of bad cholesterol (LDL-C).

## Bempedoic acid works in your liver

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



Bempedoic acid is activated in the liver. After activation, bempedoic acid decreases the production of cholesterol in the liver which increases the removal of bad cholesterol (or LDL-C) from the blood.

Nilemdo<sup>®</sup> is a different type of medicine to a statin and works in a different way. If you want to know more about how Nilemdo<sup>®</sup> works to lower your bad cholesterol (or LDL-C), talk to your doctor, pharmacist or nurse.

# What do I need to know before taking Nilemdo®?

## **Do not take Nilemdo®:**

- If you are pregnant or breastfeeding
- If you are allergic to bempedoic acid or any ingredients listed in section 6 of the Patient Information Leaflet
- If you take more than 40 mg of simvastatin daily (another medicine used to lower cholesterol)

**Do not give Nilemdo® to children and adolescents under 18 years of age.**

**Always talk to your doctor, pharmacist or nurse before stopping treatment.**

# What do I need to know before taking Nilemdo®?

**Before taking Nilemdo®, talk to your doctor, pharmacist or nurse about:**

- If you have ever had gout
- If you are pregnant, trying to get pregnant or breastfeeding
- If you have severe liver problems
- If you have severe kidney problems
- **Any other medicines that you are taking, have recently taken or might take.**  
**Please refer to the Patient Information Leaflet for a list of medicines that you must inform your prescriber if you are taking**

It's really important to keep taking your treatment every day **in addition** to other cholesterol-lowering medicines you may have been prescribed to lower your bad cholesterol (LDL-C).

## **Prior to starting therapy:**

Your doctor should do a blood test before you start taking Nilemdo®. This is to check how well your liver is working.

If you are taking statins (another medicine used to lower bad cholesterol) talk promptly to your doctor about any unexplained muscle pain, tenderness, or weakness.

# How do I take Nilemdo®?



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, pharmacist or nurse has recommended

If you take more Nilemdo® than you should, contact your doctor, pharmacist or nurse immediately. If you notice that 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.

**Take Nilemdo® exactly as your doctor, pharmacist or nurse has recommended. Talk to your doctor, pharmacist or nurse if you have any questions or concerns.**

**Do not stop taking Nilemdo® without your doctor's permission as your cholesterol may rise again.**

# Can I expect any side effects with Nilemdo®?

Like all medicines, Nilemdo® can cause side effects, although not everybody gets them.

**A list of possible side effects can be found in the Patient Information Leaflet inside your tablet pack, which you must read before starting treatment.**

## **Common side effects (may affect up to 1 in 10 people):**

- Lower number of red blood cells (anaemia)
- Increased levels of uric acid in blood, gout
- Pain in the shoulders, legs, or arms
- Blood test results indicating liver abnormalities
- Decreased glomerular filtration rate (a measure of how well your kidneys are working)

## **Uncommon (may affect up to 1 in 100 people):**

- Decreased haemoglobin (a protein in red blood cells that carries oxygen)
- Raised creatinine and blood urea nitrogen (laboratory tests of kidney function)
- Weight loss

The risk of muscle disease may increase when taking both a statin and Nilemdo®. Tell your doctor, pharmacist or nurse immediately about any unexplained muscle pain, tenderness or weakness.

**Please refer to the Patient Information Leaflet that comes with your medicine for more information. If you experience any possible side effects that are not listed, talk to your doctor, pharmacist or nurse.**

# Pregnancy and breastfeeding information for women of child-bearing potential

**You must read the Nilemdo® Patient Information Leaflet provided with your medicine.  
This guide does not replace the Patient Information Leaflet.**

## Pregnancy

**Do not take this medicine if you are pregnant, trying to get pregnant, or think you may be pregnant.**

**If you get pregnant while taking this medicine, call your doctor immediately and stop taking Nilemdo®.**

- Before starting treatment, you should confirm you are not pregnant and are using effective contraception, as advised by your doctor
- If you use contraceptive pills and suffer from an episode of diarrhoea or vomiting that lasts more than 2 days, you must use an alternative method of contraception (e.g. condoms, diaphragm) for 7 days following resolution of symptoms
- If, after you have started treatment with Nilemdo®, you decide that you would like to become pregnant, tell your doctor, as your treatment will need to be changed

## Breast-feeding

**Do not take Nilemdo® if you are breast-feeding** because it is not known if Nilemdo® passes into milk.

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

Reporting of side effects: **If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Patient Information Leaflet. You can also report side effects directly via the Yellow Card Scheme at [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk). By reporting side effects, you can help provide more information on the safety of this medicine.**