

Common Cardiac Related Medications



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'OXFORD HANDBOOK OF PRACTICAL DRUG THERAPY'
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This document has been created to help answer some of the questions for patients on certain cardiac related medications. It is primarily intended for patients of Whitby Cardiovascular Institute who are receiving prescriptions from Dr. Kumar.

The 'Use of Drug' section is where you can find what each drug is used for. The most important section is the 'Cautions of the Drug' section. If you fall into this section and your physician is unaware, please contact him.

Any further questions will gladly be answered during your next visit. If something becomes a concern, please do not hesitate to contact Dr. Kumar's office and schedule an appointment.

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PLEASE NOTE:

Any drug related question CANNOT, under any circumstance, be answered by Dr. Kumar over the phone.

Table of Contents

Page 4: Anticoagulants and Antiplatelets:

⊗ *Warfarin*

⊗ *Aspirin*

Page 6: Antiarrhythmic Drugs

⊗ *Amiodaron*

Page 7: Ischemic Heart Disease

⊗ *Nitrate*

⊗ *Beta-blockers*

➤ *Atenolol, Bisoprolol, Metoprolol, Labetolol, Carvedilol*

⊗ *ACE inhibitors*

➤ *Catopril, Enalapril, Lisinopril, Ramipril, Trandolapril, Fosinopril, Quinapril, Perindopril*

⊗ *ARBs*

➤ *Candesartan, Eprosartan, Irbesartan, Losartan, Telmisartan, Valsartan*

Page 10: Hypertension

⊗ *Methyldopa*

 **Page 11:** Calcium Channel Blockers

- ⊗ *Dihydropyridines*
 - *Nifedipine, Amlodipine, Felodipine*
 - *Benzthiazepines, Phenylalkylamines*

 **Page 13:** Diuretics

- ⊗ *Loop diuretics*
 - *Furosemide, Bumetanide, Torasemide*
- ⊗ *Thiazide and thiazide-like diuretics*
 - *Hydrochlorothiazide*
- ⊗ *Potassium-sparing diuretics*
 - *Amiloride, Triamterene*
 - *Spironolactone*

 **Page 15:** Erectile Dysfunction

- ⊗ *Sildenafil*

 **Page 16:** Lipids

- ⊗ HMG CoA reductase inhibitors ('statins')
 - *Atorvastatin, Simvastatin, Rosovastatin*
- ⊗ Fibrates
 - *Bezafibrate, Fenofibrate*

Anticoagulants and Antiplatelets:

Warfarin:	
Uses of the Drug	<ul style="list-style-type: none"> 4 Oral Anticoagulant drug 4 Used whenever long-term anticoagulation is required
Cautions on the Drug	<ul style="list-style-type: none"> 4 Warfarin is slow to act 4 Hemophilia and inherited disorders of coagulation 4 Elderly and debilitated patients, who are at greater risk of bleeding 4 Recent severe trauma or surgery (depending on the site and nature of the injury) 4 Severe renal insufficiency increases the risk of bleeding 4 Avoid taking if you have an active peptic ulcer 4 Severe or uncontrolled hypertension 4 Pregnant women
When to Use the Drug	<ul style="list-style-type: none"> 4 Warfarin is most effective for venous thrombosis and that associated with sluggish blood flow ('red clot') 4 Patients with Atrial Fibrillation can reduce their risk of stroke
Side Effects	<ul style="list-style-type: none"> 4 The greatest risk from warfarin is hemorrhage. Other adverse effects are uncommon 4 Rarely causes hypersensitivity, characterized by a maculopapular rash 4 Other adverse effects include alopecia, diarrhea, hepatic dysfunction and pancreatitis
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Warfarin is affected by a large number of other drugs 4 Some drugs that can enhance the anticoagulant effect are <i>alcohol, lipid-regulating drugs, anti-infective drugs, antiarrhythmic drugs, Thyroid hormones, antifungals, and ulcer-healing drugs</i>
Patient Information	<ul style="list-style-type: none"> 4 Warfarin can cause bleeding, but the risk is always balanced against the potential benefits 4 Can cause bruising, but should report any large or unexpected bruises immediately 4 Avoid over-the-counter formulations containing aspirin or NSAIDs (eg ibuprofen) 4 Take the warfarin tablets at the same time of day
Doses	<ul style="list-style-type: none"> 4 0.5mg tablets are white 4 1 mg tablets are brown 4 3 mg tablets are blue 4 5 mg tablets are pink

Acetylsalicylic Acid (aspirin or ASA):

Uses of the Drug	<ul style="list-style-type: none"> ▣ Primary and secondary prevention of complications of atherosclerotic disease (Angina, Myocardial infarction, stroke, peripheral vascular disease)
Cautions on the Drug	<ul style="list-style-type: none"> ▣ Aspirin can cause bleeding (Mainly in patients with active peptic ulceration, uncontrolled hypertension, severe renal or hepatic insufficiency, hemophilia, and in pregnant women) ▣ Can cause asthma and worsen the control of intrinsic asthma
When to Use the Drug	<ul style="list-style-type: none"> ▣ Antiplatelet drugs are most effective for arterial clots that are composed mainly of platelets ('white clot')
Side Effects	<ul style="list-style-type: none"> ▣ The risk of aspirin causing bleeding is 0.6% in the patient population ▣ Gastrointestinal disturbance and tinnitus are common at high dosages ▣ Rarely can cause thrombocytopenia
Drug-Drug Interactions	<ul style="list-style-type: none"> ▣ Extra care must be taken when using an aspirin with warfarin, other antiplatelet drugs, or corticosteroids ▣ Aspirin can antagonize the action of diuretics and cause fluid retention
Patient Information	<ul style="list-style-type: none"> ▣ Patients are advised to seek immediate medical attention if they have blood in the stool or dark, tarry stools
Doses	<ul style="list-style-type: none"> ▣ 81 mg (low dose aspirin) ▣ 325 mg

Antiarrhythmic Drugs:

<u>Amiodarone:</u>	
Uses of the Drug	<ul style="list-style-type: none">⌚ Amiodaron should be introduced under hospital or specialist supervision⌚ Used for the treatment of paroxysmal supraventricular, nodal, ventricular tachycardia, Atrial fibrillation and flutter.⌚ Emergency treatment of ventricular fibrillation or pulseless VT
Cautions on the Drug	<ul style="list-style-type: none">⌚ Slows down the heart rate and AV conduction
Side Effects	<ul style="list-style-type: none">⌚ Most of the side effects are only common with doses of 400mg or more such as corneal lipofuscin microdeposits⌚ 4% of the patients experience thyroid dysfunction
Drug-Drug Interactions	<ul style="list-style-type: none">⌚ Amiodarone interacts with many drugs⌚ It will inhibit the function of warfarin⌚ Reduces the excretion of digoxin⌚ Avoid using antiarrhythmic drugs, antibiotics, antipsychotic drugs, antidepressants, and antiepileptic⌚ Also avoid any drug that reduces the heart rate, including Calcium channel blockers
Patient Information	<ul style="list-style-type: none">⌚ Patients may become sensitive to the sun, and should use a high SPF sun cream⌚ There is a possibility of persistent slate-grey skin discoloration⌚ Seek immediate medical advice if you become breathless
Doses and Specific Names	<ul style="list-style-type: none">⌚ 400mg 2 times daily for 2 week, which is then reduced to 200mg daily for a further week

Ischemic Heart Disease:

<u>Nitrate Drugs (Patch or Spray):</u>	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment and prevention of angina 4 Treatments of acute left ventricular failure
Cautions on the Drug	<ul style="list-style-type: none"> 4 Nitrates are first-line treatments for the symptoms of angina but do not affect the course of the underlying disease 4 Causes vasodilatation, which can be hazardous in some patients (e.g. patients with severe hypotension, hypertrophic cardiomyopathy, aortic stenosis, and cerebral hemorrhaging following head trauma)
Side Effects	<ul style="list-style-type: none"> 4 Most common effects are throbbing headache, dizziness, postural hypotension and tachycardia
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Drug interactions are uncommon
Patient Information	<ul style="list-style-type: none"> 4 Used to treat acute chest pain, and if symptoms change or unrelieved by nitrate seek medical attention

<u>Beta-Adrenoceptor Antagonists (Beta-Blockers):</u>	
Drug Name: Atenolol, Bisoprolol, Monacor, Metoprolol, Labetolol, Carvedilol, Lopressor, Trandate	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hypertension 4 Coronary artery disease 4 Treatment of arrhythmia (Following myocardial infarction, SVT, or A.Fib) 4 Treatment of stable heart failure
Cautions on the Drug	<ul style="list-style-type: none"> 4 Patients with asthma 4 Patients with 2nd or 3rd degree heart block 4 Patients with acute or unstable heart failure
How to Use the Drug	<ul style="list-style-type: none"> 4 Do not stop taking the beta-blocker suddenly. The rebound symptoms can be severe, including precipitation of an acute coronary syndrome.
Side Effects	<ul style="list-style-type: none"> 4 The most common side affect of these drugs is bronchoconstriction.
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Do not use beta-blockers with verapamil because there is a risk of asystole or a catastrophic reduction of cardiac output
Patient Information	<ul style="list-style-type: none"> 4 Patients may experience tiredness and cold hands, which may improve over time if they can tolerate it 4 There is a potential risk of risk of erectile impotence
Doses and Specific Names	<ul style="list-style-type: none"> 4 There are many different beta-blockers. The ones prescribed by Dr. Kumar are <i>Atenolol or Tenormin</i>,

	<p><i>Bisoprolol or Monacor, Metoprolol or Lopressor, Labetolol or Trandate, and Carvedilol or Coreg.</i></p> <ul style="list-style-type: none"> 4 With the wide range of beta-blockers, there are a wide range of dosages that are set by your physician depending on your personal situation
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Angiotensin Converting Enzyme Inhibitors (Ace Inhibitors):

Drug Names: Mavik, Vasotec, Accupril, Coversyl, Altace, Enalapril, Ramipril, Trandolapril, Fosinopril, Quinapril, Perindopril

Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hypertension 4 Prevention of cardiac remodeling following myocardial infarction
Cautions on the Drug	<ul style="list-style-type: none"> 4 Can cause birth defects in pregnant patients 4 Can cause severe renal impairment in patients with renovascular disease 4 ACE inhibitors cause vasodilatation and can precipitate a fall in blood pressure in patients with a fixed cardiac output
Side Effects	<ul style="list-style-type: none"> 4 The most common side affect is hypotension 4 A small deterioration in renal function is often seen in patients upon starting the drug 4 About 20% of the patients experience a dry cough
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 ACE inhibitors potentate the actions of other drugs that lower blood pressure
Patient Information	<ul style="list-style-type: none"> 4 The aim of this drug is to achieve the maximum tolerated dose 4 Patient should get blood tests to measure renal function every few months
Doses and Specific Names	<ul style="list-style-type: none"> 4 There are many different ACE Inhibitors. The ones commonly prescribed by Dr. Kumar are <i>Enalapril or Mavik, Ramipril or Altace, Trandolapril or Mavik, Quinapril or Accupril, Perindopril or Coversyl.</i>

<u>Angiotensin Receptor Blocker (ARBs):</u>	
Drug Names: Atacand, Diovan, Cozaar, Micardis, Avapro, Candesartan, Irbesartan, Losartan, Telmisartan, and Valsartan	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hypertension 4 Treatment and prevention of diabetic nephropathy 4 Some evidence indicates these drugs are useful in the treatment of heart failure
Cautions on the Drug	<ul style="list-style-type: none"> 4 Can cause birth defects during pregnancy 4 Can cause severe renal impairment in patients with renovascular disease 4 ARBs can vasodilatation and can precipitate a fall in blood pressure in patients with a fixed cardiac output
Side Effects	<ul style="list-style-type: none"> 4 The most common side effect is hypotension 4 A small deterioration in renal function is often seen upon starting the medication 4 Rarely can cause hyperkalaemia 4 May cause cough
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 ARBs potentate the actions of other drugs that lower blood pressure 4 Avoid NSAIDs 4 Treatment along with diuretics increase the risk of hypotension
Patient Information	<ul style="list-style-type: none"> 4 The aim of this drug is to achieve the maximum tolerated dose 4 Patient should get blood tests to measure renal function every few months
Doses and Specific Names	<ul style="list-style-type: none"> 4 There are many different ARBs. The ones commonly prescribed by Dr. Kumar are <i>Candesartan or Atacand, Irbesartan or Diovan, Losartan or Cozaar, Telmisartan Or Micardis, and Valsartan or Diovan</i>

Hypertension:

*Methyldopa (alpha-methyldopa):	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of Hypertension, especially in pregnancy
Cautions on the Drug	<ul style="list-style-type: none"> 4 Patients with renal insufficiency are more sensitive to the sedative and hypotensive effects of methyldopa 4 Patients with active liver disease 4 Patients with depression 4 Patients with porphyria or a phaeochromocytoma (can precipitate a hypertensive crisis)
How to Use the Drug	<ul style="list-style-type: none"> 4 Begin treatment with a low dose and gradually increase it 4 Do not stop the medication suddenly because it can cause rebound hypertension
Side Effects	<ul style="list-style-type: none"> 4 Side effects are uncommon if daily dose is below 1g 4 Causes a dry mouth in 40% of patients 4 Can cause diarrhea 4 Can cause a positive direct Coomb's test in 20% of patients 4 Very rare but serious effects include hepatitis and a lupus-like syndrome
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Methyldopa enhances the effect of other drugs that lower the blood pressure
Patient Information	<ul style="list-style-type: none"> 4 Can cause drowsiness that can interfere with skilled motor tasks (e.g. driving) 4 Alcohol enhances the sedative effect of methyldopa
Doses	<ul style="list-style-type: none"> 4 Start initially with 250mg 4 Can increase gradually to a maximum daily total of 3g

Calcium Channel Blockers:

<u>*Dihydropyridines:</u> Drug Names: Nifedipine, Amlodipine, Felodipine	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hypertension 4 Prophylaxis of angina 4 Symptomatic treatment of Raynaud's syndrome 4 Prophylaxis of migraine 4 Prevention and treatment of ischemic neurological deficits after subarachnoid hemorrhage
Cautions on the Drug	<ul style="list-style-type: none"> 4 Avoid in pregnancy and breastfeeding 4 Can cause severe hypotension in patients with a fixed cardiac output (e.g. aortic stenosis, mitral stenosis)
Side Effects	<ul style="list-style-type: none"> 4 Major side effects that occur in 1-10% of the patients are flushing, headache, and peripheral oedema 4 Rarely it can cause gum hyperplasia
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 These drugs will effect other drugs that lower blood pressure 4 The metabolic rate of the drugs are effected by grapefruit juice (except amlodipine)
Patient Information	<ul style="list-style-type: none"> 4 There is a possibility of ankle swelling or headache 4 Avoid grapefruit juice
Doses and Specific Names	<ul style="list-style-type: none"> 4 Specific names: <i>Nifedipine, Amlodipine, & Felodipine</i> 4 Doses are usually between 5mg and 20mg

<u>Benzthiazepines:</u> Drug Names: Diltiazem	
Uses of the Drug	<ul style="list-style-type: none"> 4 Prophylaxis of angina 4 Treatment of hypertension
Cautions on the Drug	<ul style="list-style-type: none"> 4 Avoid in pregnancy and breast feeding 4 Avoid if you have heart failure 4 Avoid using if you have a 2nd or 3rd degree heart block or sick sinus syndrome
When to Use the Drug	<ul style="list-style-type: none"> 4 The major use of the drug is to treat angina
Side Effects	<ul style="list-style-type: none"> 4 1-10% of the patients will experience flushing, headache, and peripheral oedema 4 Hypotension can also result
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Has an effect on other drugs that lower blood pressure 4 Can conflict with beta-blockers
Patient Information	<ul style="list-style-type: none"> 4 Can cause swelling of the ankles
Doses	<ul style="list-style-type: none"> 4 Doses typically range from 120mg a day to 360mg

<u>Phenylalkylamines:</u> Drug Names: Verapamil	
Uses of the Drug	<ul style="list-style-type: none"> ☒ Treatment of SVT ☒ Treatment of hypertension ☒ Prophylaxis of angina
Cautions on the Drug	<ul style="list-style-type: none"> ☒ Take care in pregnancy and breastfeeding (but no clear evidence of harm) ☒ Avoid using with 2nd or 3rd degree heart block or sick sinus syndrome ☒ Low does is needed if you have a liver impairment
Side Effects	<ul style="list-style-type: none"> ☒ Can worsen cardiac failure in patients with impaired left ventricular function ☒ Can cause hypotension ☒ With long-term care, can cause gynacomastia and gingival hyperplasia
Drug-Drug Interactions	<ul style="list-style-type: none"> ☒ Affects drugs that lower blood pressure ☒ Do not take with beta-blockers ☒ The drug is also effected by grapefruit juice
Patient Information	<ul style="list-style-type: none"> ☒ Avoid drinking grapefruit juice
Doses	<ul style="list-style-type: none"> ☒ SVT – 40mg to 120mg ☒ Angina – 80mg to 120mg ☒ Hypertension – 240mg to 480mg

Diuretics:

<u>Loop diuretics:</u>	
Drug Names: Furosemide, Ethacrynic Acid, Edecrin	
Uses of the Drug	<ul style="list-style-type: none"> 4 Used for rapid diuresis and in long-term therapy
Cautions on the Drug	<ul style="list-style-type: none"> 4 Will not work on patients that are anuric 4 Can cause severe hypokalaemia and hyponatraemia in patients with preceding conditions 4 Can precipitate type II diabetes mellitus or worsen glucose control in diabetes mellitus
Side Effects	<ul style="list-style-type: none"> 4 Can cause gastrointestinal disturbance, precipitation of attacks of gout, and rashes
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 Prior treatment with diuretics increases the risk of first-dose hypotension when starting treatment with ACE inhibitors
Patient Information	<ul style="list-style-type: none"> 4 Compliance is necessary when using a diuretic because patients tend to stop the drug when it starts to interfere with daily activities
Doses	<ul style="list-style-type: none"> 4 Does range from 40mg to a rarely used 2g for Furosemide 4 50mg to 100mg for the Ethacrynic Acid

<u>Thiazide and thiazide-like diuretics:</u>	
Drug Names: Hydrochlorothiazide, Metazocore	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hypertension 4 In combination with loop diuretics for the control of sever oedema in chronic heart failure 4 Specialized use in the treatment of nephrogenic diabetes insipidus
Cautions on the Drug	<ul style="list-style-type: none"> 4 Thiazides can cause hypokalaemia 4 Can precipitate gout 4 Can precipitate type II diabetes mellitus or worsen glucose control in diabetes mellitus
Side Effects	<ul style="list-style-type: none"> 4 Can rarely cause an allergic vasculitis 4 Commonly cause very mild rashes 4 Can raise plasma lipid concentrations
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 NSAID interfere with the antihypertensive effect of thiazides 4 The drugs can reduce the excretion of lithium salt
Patient Information	<ul style="list-style-type: none"> 4 Compliance is necessary when using a diuretic because patients tend to stop the drug when it starts to interfere with daily activities
Doses	<ul style="list-style-type: none"> 4 HCTZ Doses are 12.5mg to 25mg

<u>Potassium-sparing diuretics:</u>	
Drug Names: Amiloride, Triamterene	
Uses of the Drug	<ul style="list-style-type: none"> 4 Although these drugs have diuretic action, their major use is in combination with thiazide or loop diuretics in order to conserve potassium
Cautions on the Drug	<ul style="list-style-type: none"> 4 Potassium-sparing diuretics are not the most appropriate treatment for oedema
When to Use the Drug	<ul style="list-style-type: none"> 4 Patients who are at risk of developing hypokalaemia
Side Effects	<ul style="list-style-type: none"> 4 These drugs are usually well tolerated at first 4 Long term use can rarely cause interstitial nephritis
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 There is a risk of hyperkalaemia if co-prescribed with and ACE inhibitor, NSAIDs, or Trimethoprim
Patient Information	<ul style="list-style-type: none"> 4 Triamterene can cause the urine to fluoresce blue
Doses	<ul style="list-style-type: none"> 4 Doses are 50mg

<u>Spironolactone:</u>	
Uses of the Drug	<ul style="list-style-type: none"> 4 Control of ascites and oedema resulting from hepatic cirrhosis 4 Control of malignant ascites 4 As a potassium-sparing diuretic in heart failure patients 4 Symptomatic relief in the nephritic syndrome 4 Diagnosis and treatment of primary hyperaldosteronism
Cautions on the Drug	<ul style="list-style-type: none"> 4 Avoid if you have severe renal insufficiency 4 Avoid in pregnancy and breast feeding 4 Avoid in Addison's disease 4 Do not take with other potassium-sparing diuretics
Side Effects	<ul style="list-style-type: none"> 4 This drugs are usually well tolerated at first 4 Long term use can rarely cause interstitial nephritis
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 There is a risk of hyperkalaemia if co-prescribed with and ACE inhibitor, NSAIDs, or Trimethoprim
Doses	<ul style="list-style-type: none"> 4 Doses are 25mg to 100mg

Erectile Dysfunction:

<u>Sildenafil:</u> Drug Names: <i>Viagra</i>	
Uses of the Drug	<ul style="list-style-type: none">☒ Treatment of erectile dysfunction
Cautions on the Drug	<ul style="list-style-type: none">☒ Avoid if you are at risk of priapism☒ Halve the doses with moderate hepatic insufficiency, avoid it if the insufficiency is severe☒ Do not combine with drug treatments for erectile dysfunction
Use of the Drug	<ul style="list-style-type: none">☒ Sildenafil requires sexual stimulation in order to work☒ Begin with a low dose and increase according to the response☒ Do not take more than one dose ever 24 hours☒ Sildenafil is not currently indicated for women. It is a treatment for erectile dysfunction, not an aphrodisiac
Side Effects	<ul style="list-style-type: none">☒ The most common effect is headaches, flushing, and dyspepsia☒ High doses of sildenafil can cause a colored tinge to the vision
Drug-Drug Interactions	<ul style="list-style-type: none">☒ In combination with nitrates, patients are at a high risk of hypotension
Patient Information	<ul style="list-style-type: none">☒ Do not have grapefruit juice while on the drug☒ Should be taken 1 hour before intercourse☒ Food will delay the onset of action☒ If you are prescribed a nitrate, DO NOT take sildenafil
Doses	<ul style="list-style-type: none">☒ Initial doses are 50mg☒ It can be increased to 100mg

Lipids (Cholesterol):

<p><u>HMG CoA reductase inhibitors ('statins')</u></p> <p>Drug Names: Atorvastatin, Crestor, Lovastatin, Lipitor, Simvastatin, Zocor</p>	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hyperlipoproteinaemia (Types IIa and IIb) 4 Primary and secondary prevention of coronary artery disease
Cautions on the Drug	<ul style="list-style-type: none"> 4 Statins are contraindicated during pregnancy 4 Patients with renal insufficiency may be at an increased risk of myositis 4 Patients with hepatic insufficiency or to ones with persistently raised transaminases should not use this drug
Use of the Drug	<ul style="list-style-type: none"> 4 Very effective at reducing plasma cholesterol
Side Effects	<ul style="list-style-type: none"> 4 The most important adverse effect of these drugs is a myopathy. It is very rare but it can be fatal. 4 A rise in creatine kinase (CK) is more common 4 Other common symptoms are headaches, nausea, and abdominal cramps
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 The risk of myopathy is increased when these drugs are used with fibrates or ciclosporin
Patient Information	<ul style="list-style-type: none"> 4 Patient should report any generalized muscle weakness or pain immediately 4 Patients should take the tablet at night-time, when the drug is supposed to have a slightly greater effect
Doses	<ul style="list-style-type: none"> 4 Doses 10mg to 40mg

<p><u>Fibrates:</u></p> <p>Drug Names: Bezafibrate, Fenofibrate</p>	
Uses of the Drug	<ul style="list-style-type: none"> 4 Treatment of hyperlipoproteinaemia (Types IIa, IIb, III, IV, V) 4 Primary prevention of coronary artery disease (license is for men only)
Cautions on the Drug	<ul style="list-style-type: none"> 4 Fibrates are contraindicated during pregnancy 4 Do not use this drug if you have primary biliary cirrhosis or gall bladder disease 4 Patients with renal insufficiency are at an increased risk of myositis from these drugs 4 Do not take if you have severe hepatic insufficiency
Use of the Drug	<ul style="list-style-type: none"> 4 Very effective at reducing plasma cholesterol

Side Effects	<ul style="list-style-type: none"> 4 The most important effect of these drugs is myositis. It is very uncommon, but can be fatal. 4 Hypersensitivity to these drugs manifests as urticaria, pruritus, and a photosensitive rash 4 Gastrointestinal effect, such as nausea and vomiting, are common
Drug-Drug Interactions	<ul style="list-style-type: none"> 4 The risk of myositis is increased when these drugs are given with statins and ciclosporin 4 Fibrates enhance the anticocoagulant action of warfarin
Patient Information	<ul style="list-style-type: none"> 4 Patients are advised to report any generalized muscle weakness or pain immediately
Doses	<ul style="list-style-type: none"> 4 Fenofibrate doses are 100mg to 200mg