

Datos Importantes



DISMINUYENDO SU COLESTEROL ELEVADO

El colesterol elevado es más que sólo un número; es un factor de riesgo que no debe ignorarse. Si su médico dijo que usted tiene el colesterol elevado, usted puede presentar mayor riesgo de un ataque cardíaco. Pero la buena noticia es que usted puede tomar medidas para disminuir su nivel de colesterol.

Con la ayuda de su médico y de un medicamento para disminuir el nivel de colesterol como LIPITOR, junto con dieta y ejercicio, usted podría estar en camino de disminuir su nivel de colesterol.

¿Está listo para comenzar a comer sanamente y hacer más ejercicio? Hable con su médico y visite la American Heart Association en www.americanheart.org.

¿PARA QUIÉN ESTÁ DISEÑADO LIPITOR?

Quién puede tomar LIPITOR:

- Las personas que no pueden disminuir suficientemente su nivel de colesterol con dieta y ejercicio
- Adultos y niños mayores de 10 años

Quién NO debe tomar LIPITOR:

- Mujeres que estén embarazadas, puedan estar embarazadas o puedan quedar embarazadas. LIPITOR puede afectar negativamente a su bebé en el vientre materno. Si queda embarazada, deje de tomar LIPITOR y llame inmediatamente a su médico.
- Mujeres que están amamantando. LIPITOR puede pasar a través de la leche materna y puede afectar negativamente a su bebé.
- Personas con problemas hepáticos
- Personas alérgicas a cualquiera de los componentes de LIPITOR

ANTES DE COMENZAR A TOMAR LIPITOR

Cuéntele a su médico:

- Acerca de todos los medicamentos que tome, incluidos medicamentos de venta con o sin receta médica, las vitaminas y los suplementos a base de hierbas
- Si tiene dolores o debilidad muscular
- Si bebe más de 2 bebidas alcohólicas al día
- Si tiene diabetes o problemas renales
- Si tiene un problema de tiroides

ACERCA DE LIPITOR

LIPITOR es un medicamento de venta con receta. Junto con la dieta y el ejercicio, este medicamento ayuda a disminuir el nivel de colesterol "malo" en su sangre. Este medicamento también puede aumentar el nivel de colesterol "bueno" (HDL-C).

LIPITOR puede disminuir el riesgo de ataque cardíaco o infarto cerebral en los pacientes que tienen factores de riesgo para enfermedad cardíaca como:

- edad, tabaquismo, hipertensión, nivel bajo de colesterol HDL, antecedentes de enfermedad cardíaca en la familia, o
- diabetes con factores de riesgo como problemas oculares, problemas renales, tabaquismo o hipertensión

POSIBLES EFECTOS SECUNDARIOS DE LIPITOR

Efectos secundarios graves en pocas personas:

- **Problemas musculares** que pueden llevar a problemas renales, incluida insuficiencia renal. Es posible que su probabilidad de problemas musculares sea mayor si toma ciertos medicamentos junto con LIPITOR.
- **Problemas hepáticos.** Es posible que su médico realice análisis de sangre para verificar el estado de su hígado antes de que comience a tomar LIPITOR y mientras lo esté tomando.

Los síntomas de problemas musculares o hepáticos incluyen:

- Debilidad o dolor muscular sin ninguna explicación, especialmente si tiene fiebre o se siente muy cansado
- Náuseas, vómitos o dolor estomacal
- Orina de color marrón u oscuro
- Sentirse más cansado que lo usual
- La piel y la parte blanca de sus ojos se tornan de color amarillento

Si tiene alguno de estos síntomas, llame inmediatamente a su médico.

Los efectos secundarios más comunes de LIPITOR incluyen:

- Dolor de cabeza
- Estreñimiento
- Diarrea, gases
- Problemas estomacales y dolor estomacal
- Erupciones
- Dolor muscular y articular

Los efectos secundarios tienden a ser leves y a menudo desaparecen por sí solos. Menos de 3 personas de cada 100 dejaron de tomar LIPITOR debido a los efectos secundarios.

CÓMO TOMAR LIPITOR

Haga lo siguiente:

- Tome LIPITOR como su médico le indica.
- Procure consumir alimentos saludables para el corazón mientras esté tomando LIPITOR.
- Tome LIPITOR a cualquier hora del día, con o sin las comidas.
- Si se salta una dosis, tómela tan pronto se acuerde. Pero si han pasado más de 12 horas desde que se saltó la última dosis, espere. Tome la siguiente dosis a su hora regular.

No haga lo siguiente:

- No cambie ni deje de tomar su dosis sin hablar con su médico.
- No comience a tomar medicamentos nuevos antes de hablar con su médico.
- No le dé su dosis de LIPITOR a otras personas. Esto puede afectar negativamente a otras personas incluso si sus problemas son los mismos.
- No parta el comprimido.

¿NECESITA MÁS INFORMACIÓN?

- Pregúntele a su médico o a su proveedor de atención médica.
- Hable con su farmacéutico.
- Visite www.lipitor.com o llame al **1-888-LIPITOR**.
- Los sitios web y los números telefónicos están disponibles actualmente sólo en inglés.
- Consulte la importante Información para el paciente al dorso del folleto.
- Consulte la Información de prescripción completa en www.pfizer.com.

PATIENT INFORMATION

LIPITOR®

(atorvastatin calcium) Tablets

(LIP-ih-tore)

Read the Patient Information that comes with LIPITOR before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor about your condition or treatment.

If you have any questions about LIPITOR, ask your doctor or pharmacist.

What is LIPITOR?

LIPITOR is a prescription medicine that lowers cholesterol in your blood. It lowers the LDL-C ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL-C ("good" cholesterol) as well. LIPITOR is for adults and children over 10 whose cholesterol does not come down enough with exercise and a low-fat diet alone.

LIPITOR can lower the risk for heart attack or stroke in patients who have risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, heart disease in the family, or
- diabetes with risk factor such as eye problems, kidney problems, smoking, or high blood pressure

LIPITOR starts to work in about 2 weeks.

What is Cholesterol?

Cholesterol and triglycerides are fats that are made in your body. They are also found in foods. You need some cholesterol for good health, but too much is not good for you. Cholesterol and triglycerides can clog your blood vessels. It is especially important to lower your cholesterol if you have heart disease, smoke, have diabetes or high blood pressure, are older, or if heart disease starts early in your family.

Who Should Not Take LIPITOR?

Do not take LIPITOR if you:

- are pregnant or think you may be pregnant, or are planning to become pregnant. Lipitor may harm your unborn baby. If you get pregnant, stop taking LIPITOR and call your doctor right away.
- are breast feeding. LIPITOR can pass into your breast milk and may harm your baby.
- have liver problems
- are allergic to LIPITOR or any of its ingredients. The active ingredient is atorvastatin. See the end of this leaflet for a complete list of ingredients in LIPITOR.

LIPITOR has not been studied in children under 10 years of age.

Before You Start LIPITOR

Tell your doctor if you:

- have muscle aches or weakness
- drink more than 2 glasses of alcohol daily
- have diabetes
- have a thyroid problem
- have kidney problems

Some medicines should not be taken with LIPITOR. Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. LIPITOR and certain other medicines can interact causing serious side effects. Especially tell your doctor if you take medicines for:

- your immune system
- cholesterol
- infections
- birth control
- heart failure
- HIV or AIDS

Know all the medicines you take. Keep a list of them with you to show your doctor and pharmacist.

How Should I Take LIPITOR?

- Take LIPITOR exactly as prescribed by your doctor. Do not change your dose or stop LIPITOR without talking to your doctor. Your doctor may do blood tests to check your cholesterol levels during your treatment with LIPITOR. Your dose of LIPITOR may be changed based on these blood test results.
- Take LIPITOR each day at any time of day at about the same time each day. LIPITOR can be taken with or without food. Don't break LIPITOR tablets before taking.
- Your doctor should start you on a low-fat diet before giving you LIPITOR. Stay on this low-fat diet when you take LIPITOR.
- If you miss a dose of LIPITOR, take it as soon as you remember. Do not take LIPITOR if it has been more than 12 hours since you missed your last dose. Wait and

take the next dose at your regular time. **Do not take 2 doses of LIPITOR at the same time.**

- If you take too much LIPITOR or overdose, call your doctor or Poison Control Center right away. Or go to the nearest emergency room.

What Should I Avoid While Taking LIPITOR?

- Talk to your doctor before you start any new medicines. This includes prescription and non-prescription medicines, vitamins and herbal supplements. LIPITOR and certain other medicines can interact causing serious side effects.
- Do not get pregnant. If you get pregnant, stop taking LIPITOR right away and call your doctor.

What are the Possible Side Effects of LIPITOR?

LIPITOR can cause serious side effects. These side effects have happened only to a small number of people. Your doctor can monitor you for them. These side effects usually go away if your dose is lowered or LIPITOR is stopped. These serious side effects include:

- **Muscle problems.** LIPITOR can cause serious muscle problems that can lead to kidney problems, including kidney failure. You have a higher chance for muscle problems if you are taking certain other medicines with LIPITOR.
- **Liver problems.** LIPITOR can cause liver problems. Your doctor may do blood tests to check your liver before you start taking LIPITOR, and while you take it.

Call your doctor right away if you have:

- muscle problems like weakness, tenderness, or pain that happen without a good reason, especially if you also have a fever or feel more tired than usual
- nausea and vomiting
- passing brown or dark-colored urine
- you feel more tired than usual
- your skin and whites of your eyes get yellow
- stomach pain

Common side effects of LIPITOR include headache, constipation, diarrhea, gas, upset stomach and stomach pain, rash, and muscle and joint pain. These side effects are usually mild and may go away.

Talk to your doctor or pharmacist if you have side effects that bother you or that will not go away.

These are not all the side effects of LIPITOR. Ask your doctor or pharmacist for a complete list.

How Do I Store Lipitor?

- Store LIPITOR at room temperature, 68 to 77°F (20 to 25°C).
- Do not keep medicine that is out of date or that you no longer need.
- **Keep LIPITOR and all medicines out of the reach of children.** Be sure that if you throw medicine away, it is out of the reach of children.

General Information About LIPITOR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use LIPITOR for a condition for which it was not prescribed. Do not give LIPITOR to other people, even if they have the same problem you have. It may harm them.

This leaflet summarizes the most important information about LIPITOR. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about LIPITOR that is written for health professionals. Or you can go to the LIPITOR website at www.lipitor.com.

What are the Ingredients in LIPITOR?

Active Ingredient: atorvastatin calcium

Inactive Ingredients: calcium carbonate, USP; candelilla wax, FCC; croscarmellose sodium, NF; hydroxypropyl cellulose, NF; lactose monohydrate, NF; magnesium stearate, NF; microcrystalline cellulose, NF; Opadry White YS-1-7040 (hypromellose, polyethylene glycol, talc, titanium dioxide); polysorbate 80, NF; simethicone emulsion.

Rx Only

Distributed by



Parke-Davis

Division of Pfizer Inc, NY, NY 10017

**Manufactured by Pfizer Ireland Pharmaceuticals
Dublin, Ireland**

**LAB-0348-3.0
June 2006**