

PROTOCOL FOR STATIN PRESCRIBING

Advisable to treat patients up to at least the age of 80 with CVD/CVA and/or Diabetes – regardless of pre-treatment level.

Advisable to treat hypertensive patients with a CVD risk > 20%.

Before prescribing obtain baseline LFT's for patient.

Give prescription for 56 (2 x 28 tablets on REPEAT prescription).

Advise Patient:

- On-going treatment;
- Take tablet at night;
- Dose may need adjustment according to response;
- To have repeat LFT's and Cholesterol (only) in 4 weeks;
- IMPORTANT to check results satisfactory before continuing prescription long term;
- To have repeat LFT's and Cholesterol with each dose increase;
- Warn about possible gastric upset and to report promptly any unexplained muscle pains, tenderness, weakness.
- Warn about liver damage.

See BNF Section 2.12 STATINS re: Cautions: Contradictions; Side-effects; Counselling.

Results

ALT would need to be double the normal value to be of concern.

CK (Creatine Kinase) check if Myalgia - would need to be 10 times normal range to be of concern.

Try a different STATIN if patient has side effects.

ANNUAL ALT only needed for patients adequately treated.