

**A PATIENT'S GUIDE:**

# **GETTING STARTED WITH LEQVIO® (INCLISIRAN)**

This booklet is designed to help you and your loved ones understand the importance of reducing cholesterol. It also provides an overview of LEQVIO, a medication prescribed in combination with diet and exercise, and other cholesterol lowering medications (if any), to reduce low-density lipoprotein cholesterol (LDL-C).

If you have further questions about cholesterol reduction or LEQVIO, please consult the Consumer Medicines Information provided with your medication, available from [www.medsafe.govt.nz](http://www.medsafe.govt.nz), or speak to your healthcare provider.



 **LEQVIO®**  
inclisiran

# What is low-density lipoprotein cholesterol (LDL-C)?

Cholesterol is a fatty substance that is essential for your body to function normally. Most of the cholesterol in your body is made by your liver but it is also present in some foods. Cholesterol travels in your bloodstream in structures called **lipoproteins**.

There are different types of cholesterol, including LDL-C. LDL-C is considered 'bad' cholesterol because it can stick to the walls of your arteries, causing fatty build-ups called **plaque**. As plaque builds up it can cause blockages that lead to serious health problems like **heart attacks** and **strokes**.

**Maintaining a healthy cholesterol level is important.** Changing your diet to reduce foods high in saturated and trans fats, and increasing healthy fats, omega-3 fatty acids, plant sterols, and soluble fibre is an important step in managing cholesterol.

By adopting a balanced, nutrient-rich diet and regular physical activity to maintain a healthy weight, you can reduce your LDL-C levels, reducing your risk of heart problems.

However, for some people, diet and exercise alone aren't enough to control their cholesterol. Medications like LEQVIO are designed to work in combination with diet and exercise to help these people maintain healthy cholesterol levels.



# How does LEQVIO work?

LEQVIO works by helping your liver do its natural job of breaking down the 'bad' cholesterol (LDL-C) in your blood. LEQVIO increases the number of LDL receptors **present** within your liver. The more LDL receptors present in your liver, the more LDL-C your liver can capture and break down.

# How do I take LEQVIO?

**LEQVIO is given as an injection and will be administered by your doctor, your pharmacist, or another healthcare provider.**

After getting your prescription from your doctor you will have to pick up your medication from the pharmacy then take it to the healthcare professional who will administer it for you.

**Make sure you tell your doctor as soon as possible if you are unable to fill your LEQVIO prescription.**

# How often do I take LEQVIO?

You must continue taking your other prescribed cholesterol tablets while on LEQVIO, as they act together to provide maximum cholesterol control for you. LEQVIO is administered by a healthcare professional as an initial dose, at 3 months, and then 6-monthly thereafter.



All injections are administered by a healthcare professional.

## You should continue to take LEQVIO until your doctor tells you to stop.

Ask your doctor for the LEQVIO reminder card, or use the dose diary below to keep track of when your next doses are due. If you miss your appointment to have LEQVIO administered, contact your doctor or healthcare provider as soon as you remember to arrange your next treatment.

DOSE NUMBER	DATE
<b>Initial dose</b>	
<b>Second dose</b> (3 months after initial dose)	
<b>Third dose</b> (6 months after second dose)	
<b>Fourth dose</b> (6 months after third dose)	

**Continue to take LEQVIO every 6 months unless your doctor tells you to stop**

LEQVIO® (inclisiran) is a Prescription Medicine and is supplied as a pre-filled syringe containing 1.5 mL of solution containing 284 mg inclisiran (equivalent to 300 mg inclisiran sodium). LEQVIO® is indicated as an adjunct to diet and exercise to reduce low-density lipoprotein cholesterol (LDL-C) in adults. LEQVIO® is an unfunded medicine and a prescription charge may apply. For further information about LEQVIO® and its risks and benefits, refer to the Consumer Medicine Information [CMI] at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Ask your doctor if LEQVIO® is right for you. Use strictly as directed. If symptoms continue, or you have side effects, see your doctor, pharmacist or healthcare professional. LEQVIO® is the registered trademark of Novartis AG.

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