

YOUR GUIDE TO USING VAZKEPA[®] ▼ (ICOSAPENT ETHYL)



YOUR QUESTIONS ANSWERED



Before taking Vazkepa, please read the patient information leaflet included with your Vazkepa capsules. This leaflet has full details about your medicine, including possible side effects.

You can find information about reporting any side effects on the back cover of this leaflet.

This leaflet has been developed by Recordati Pharmaceuticals Limited and is only intended for patients in Great Britain and Northern Ireland who have already been prescribed Vazkepa by a healthcare professional.

WHAT ARE LIPIDS?

Lipids are fatty, waxy, or oily substances that your body needs to work properly.

Cholesterol: This is a type of lipid. Too much of the 'wrong' type of cholesterol (called low-density lipoprotein-cholesterol, or LDL-C) can increase the risk of CVD. You can lower this risk with exercise and staying healthy, but sometimes medicine, like statins, may be needed.

Triglycerides: This is another type of lipid and an important source of energy. Your liver converts unused calories into triglycerides, where they are stored in fat cells.

A blood test can check triglyceride levels. High levels can increase the risk of a serious event, even if LDL-C levels are normal. Due to this risk, your doctor has prescribed Vazkepa alongside your statin to help manage your future health.



WHY HAVE I BEEN PRESCRIBED VAZKEPA?

Vazkepa is a medicine that is prescribed alongside your statin to lower the risk of heart problems. You cannot purchase it over the counter.

You may have been prescribed Vazkepa if you:

- Had a previous heart problem, heart attack or stroke
- Have diabetes
- Have high levels of triglycerides (fat in your blood)

WHAT IS VAZKEPA?

Vazkepa contains a highly purified omega-3 fatty acid called icosapent ethyl, the same natural ingredient found in fish oil. The daily dose of Vazkepa is the equivalent of 8–10 servings of salmon per day.

HOW DOES VAZKEPA WORK?

Vazkepa works together with your statin to slow the build-up of fatty deposits in your blood vessels and heart.

DAILY DOSE
OF VAZKEPA



EQUIVALENT
TO

8–10 SERVINGS OF
SALMON PER DAY



WHY HAVE I BEEN PRESCRIBED VAZKEPA?

LONG-TERM USE OF VAZKEPA:

Vazkepa provides ongoing protection for your heart and blood vessels. To achieve its full benefit, it is important to continue taking this medication over the long term, or until your doctor advises otherwise.

Do not discontinue Vazkepa without consulting your doctor, even if you feel well. The medication works continuously to help reduce your risk of serious cardiovascular events.

MAINTAINING YOUR SUPPLY:

To ensure uninterrupted access to Vazkepa, please ask your GP surgery to include it on your repeat prescription list. This will allow you to request refills more conveniently.

It is advisable to order your next prescription at least one week before your current supply runs out, allowing sufficient time for your pharmacy to prepare your medication.

HOW SHOULD I TAKE VAZKEPA?

TWO CAPSULES



TWICE A DAY



WITH OR
AFTER A MEAL



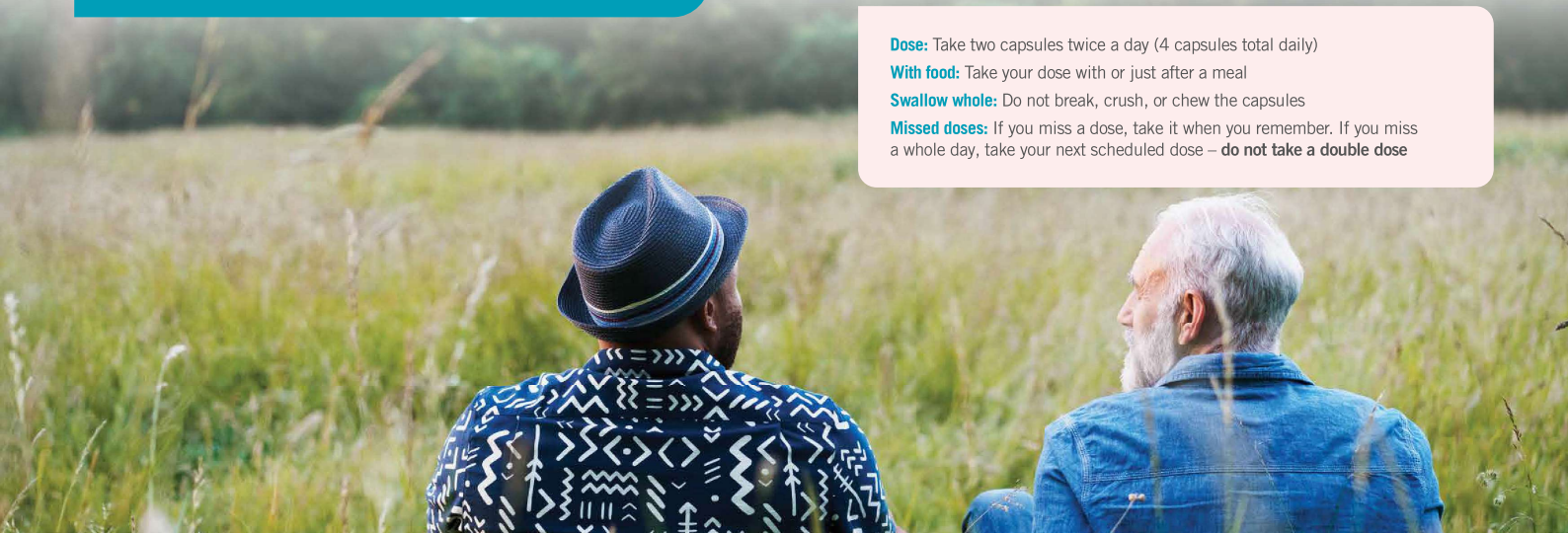
Always follow your doctor's instructions on how to take Vazkepa. Do not change your dose or stop taking Vazkepa without speaking to your doctor.

Dose: Take two capsules twice a day (4 capsules total daily)

With food: Take your dose with or just after a meal

Swallow whole: Do not break, crush, or chew the capsules

Missed doses: If you miss a dose, take it when you remember. If you miss a whole day, take your next scheduled dose – **do not take a double dose**



WHAT SHOULD I KNOW BEFORE I START TAKING VAZKEPA?

Vazkepa is not suitable for people who are allergic to icosapent ethyl, soya, peanut, or any other ingredients in this medicine (see section 6.1 of the patient information leaflet). If you are intolerant to some sugars or have been diagnosed with hereditary fructose intolerance, this medicine is not suitable for you.

TALK TO YOUR DOCTOR OR PHARMACIST BEFORE TAKING VAZKEPA:

- If you are allergic to fish or to shellfish
- If you have problems with your liver
- If you have problems with irregular heartbeat (atrial fibrillation or flutter)
- If you take medicine that reduces your blood's ability to clot (like an antiplatelet or anticoagulant), or are at increased risk of bleeding. Your risk of bleeding may increase if you are also taking antiplatelet or anticoagulant medicine

WHEN TO CALL YOUR DOCTOR

While taking Vazkepa, speak to your healthcare team if you experience any side effects, in particular:

if you get heart palpitations or an irregular heartbeat, and if you bruise easily or cannot stop bleeding.

Get medical help if you get any of the following side effects. These symptoms could be due to a serious condition known as **hypersensitivity** which can happen at any time during treatment.

Difficulty breathing, tightening or scratching of the throat, swelling of the lips, hives (raised bumps on the skin), rash and an itchy skin, stomach pain or cramps, diarrhoea, nausea and vomiting

SIDE EFFECTS OF VAZKEPA

Like all medicines, this can cause side effects (although not everyone gets them).

COMMON SIDE EFFECTS

Swelling of your hands, arms, legs and feet, pain in muscles, bones or joints
- gout (painful swelling in the joints because of a build up of uric acid), rash, constipation, burping.

For a full list of side effects, please refer to the patient information leaflet inside your Vazkepa box.

LIFESTYLE CHANGES TO IMPROVE MY CARDIOVASCULAR HEALTH

In addition to your medication, making simple changes to your lifestyle can help reduce the risk of cardiovascular disease (affecting your heart and blood vessels).

DIET



The British Heart Foundation advises a balanced diet can help keep your heart healthy. This includes:

- Eating fruit, vegetables, wholegrains, low-fat dairy products, pulses, fish, lean meat, chicken, and healthy unsaturated fats like olive oil, rapeseed oil, avocado, nuts, and oily fish
- Limiting saturated fats (butter, ghee, coconut oil, full-fat dairy, fatty or processed meat, pastries, pies, biscuits) and processed foods and drinks high in fat, salt and/or sugar

EXERCISE



The NHS advises you should aim to do at least 150 minutes of exercise every week, like brisk walking, cycling, swimming, jogging, or dancing. Start slowly and build up. Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

SMOKING



Smoking cigarettes damages your blood vessels and increases the risk of heart attacks and strokes. Quitting smoking significantly improves your health. If you smoke, ask your doctor for advice on quitting.

ALCOHOL



Drinking less alcohol is good for your health. For both men and women, the government advises us to drink no more than 14 units, spread over the week. Try drink-free days and avoid binge drinking.

WHERE CAN I GET FURTHER SUPPORT?

You can speak to your doctor or pharmacist at any time.

The British Heart Foundation (www.bhf.org.uk) and HEART UK - The Cholesterol Charity (www.heartuk.org.uk) can provide education and support.

In addition to this document, it is important to read the **patient information leaflet** that came with your Vazkepa, which provides full details about your medicine and possible side effects.



SOME OF THE TERMS YOU MAY HEAR

Artery: A blood vessel that carries oxygen-rich blood from the heart around your body

Atherosclerosis: Fatty deposits that build up in the artery walls, causing the vessel to narrow and stiffen

Atrial fibrillation: When your heartbeats are fast or irregular, causing shortness of breath and tiredness

Cardiovascular disease (CVD): A general term for conditions affecting your heart and blood vessels, which can lead to heart attack and strokes

Gout: A type of arthritis causing sudden, severe joint pain

Heart attack: A serious medical emergency caused by the arteries that supply blood to your heart being blocked, often caused by the build-up of fatty substances in the artery walls. If this happens, you may feel chest pain and shortness of breath

LDL-C: 'Bad cholesterol' that can build up in the artery walls and cause CVD

Lipid: Fatty compounds that store and transport energy, or produce hormones

Saturated fats: Fats that are found in butter, cheese, whole milk, fatty meats, biscuits and cakes – limiting these can improve your health

Statin: Medication to lower LDL-C levels and the risk of CVD

Stroke: A serious medical emergency when the flow of blood to the brain is interrupted, causing damage to the brain cells. If this happens, you may feel weak and find it difficult to speak and move

Triglyceride: A type of fat in the blood that provides energy to the body – too much can increase the risk of CVD

Unsaturated fats: Healthy fats found in avocado, olive oil, rapeseed oil, nuts, seeds, and oily fish. Eating more of these can help reduce the risk of CVD

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 package leaflet. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk/>

By reporting side effects, you can help provide more information on the safety of this medicine.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report side effects.