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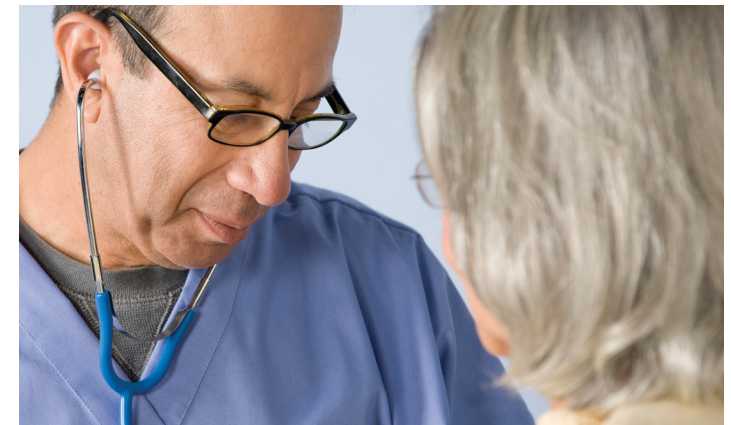
More info and useful links



**Praluent**<sup>®</sup>  
alirocumab

## Praluent

Welcome to the Praluent starter guide.  
This guide has been designed especially for you.  
It is full of useful information that will help you get started using your **Praluent 75 mg and 150 mg** pre-filled pen



This PDF is only for adults who have been prescribed Praluent 75/150 mg pre-filled pen. If you have questions or are unsure how to inject Praluent, your doctor or nurse will be able to help you, or you can call the Sanofi Medical Information Department on 0800 035 2525.

For more information visit [www.mypraluent.co.uk](http://www.mypraluent.co.uk). Please also read the package leaflet that comes with your medicine.



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# Living with high cholesterol

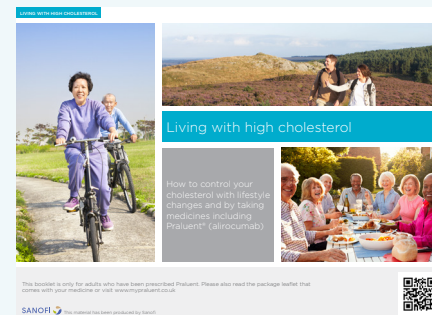
**If you have been told that you have high cholesterol levels but aren't sure exactly what cholesterol does and why your cholesterol levels should be lower, then you are like lots of other people.**

This starter guide is full of information to help and support you to understand what high levels of cholesterol are, what this means for you and how you can lower your cholesterol levels with changes to your lifestyle and by taking your prescribed medicines, including Praluent.

Help is always at hand through your doctor or nurse. You can also register for our MyPraluent Coach Programme. Just click the link on the additional support tab on the top menu for more details.

## Living with high cholesterol

It's worth taking the time to understand what having high levels of bad cholesterol means. You can then make plans for lowering your high cholesterol to healthier levels. This can help you reduce your risk of developing heart disease. By working together with your doctor, and using the other ways to help as listed in this booklet, you can give yourself a good chance of keeping your cholesterol levels healthy.



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# What is Praluent?

Praluent is a medicine that lowers levels of 'bad' cholesterol, also called LDL-cholesterol (or LDL-C). High levels of bad cholesterol can lead to health problems like heart disease (including heart attacks) and strokes.

Praluent helps remove bad cholesterol from your blood and may be used with other medicines that lower your levels of cholesterol.

The higher doses of Praluent are for people that need a greater cholesterol reduction.

Please continue to follow your cholesterol-lowering diet while taking Praluent.

Even if you don't feel any different, Praluent will be working to lower your levels of bad cholesterol. It is important to keep using Praluent as prescribed by your doctor even if you feel well.



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**Praluent is given as an injection just under the skin, by a pen already filled with the medicine, usually every two weeks.**

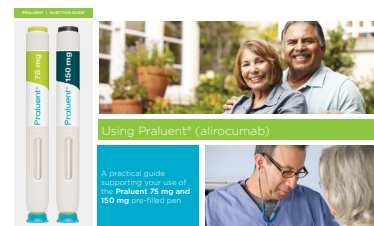
**It's normal to feel a little worried about the idea of injecting yourself. With patience and practice, as you get used to it, injections with Praluent can become routine.**

This short video and digital/printed guide takes you through the steps of injecting Praluent.

If you have any questions or are unsure about how to inject Praluent, your doctor or nurse will be able to help, or you can call the Sanofi Medical Information Department on 0800 035 2525. You may also want to look at the leaflet which can be found in the Praluent packaging.



This link will take you to the MyPraluent.co.uk website



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# Services to support your journey on Praluent



**COACH** My companion for LDL Cholesterol Management

MyPraluent Coach\* is a free 6-12 month programme designed with input from healthcare professionals and patients and is delivered by experienced nurses.

After you are prescribed Praluent, your healthcare professional can enrol you into MyPraluent Coach (this enrolment is optional and not all hospitals will utilise this service)

### Contact Details for My Praluent Coach Providers

**Ashfield**

- 0800 206 1225

**HealthNet**

- enquiries@healthnethomecare.co.uk
- 0800 083 3060



### Homecare

Sanofi contracts a Homecare provider to provide homecare services free of charge.

Homecare is run by experienced pharmacists who dispense Praluent and arrange delivery to patients.

Not all hospitals will utilise our Homecare service, please confirm your own situation.

### Contact Details for Homecare Providers

**Sciensus**

- generalenquiries@sciensus.com
- 0333 103 9499

**HealthNet**

- enquiries@healthnethomecare.co.uk
- 0800 083 3060

\*MyPraluent Coach is provided and funded by Sanofi

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## FAQ

### Why have I been prescribed Praluent?

You may have already tried other medicines, such as statins, to help lower your levels of cholesterol.

In many people with coronary heart disease, statins on their own may not be enough to get cholesterol down to healthy levels.<sup>1</sup>

Some people are not able to take statins because of side-effects.<sup>2</sup>

### How do I know if my Praluent pen is working?

When you are taking Praluent, your doctor will continue to check your cholesterol levels. These tests will help your doctor know whether Praluent is working well for you.

For more FAQs, [click here](#).

1. Jones PH et al. J Am Heart Assoc 2012;1:e001800.

2. Arca M & Pigna G. Diabetes Metab Syndr Obes. 2011; 4: 155-166.

### Do I still take my other cholesterol lowering medicines?

If you are already taking statins, you will probably need to keep taking them as well as Praluent, as this is a good way of helping to lower your levels of high cholesterol.

Your doctor will tell you what other medicines you may need to take along with Praluent.

### How will I keep taking my medicine when travelling?

When you travel and need to take Praluent with you, you should use a cooler bag to make sure that the product remains at the right temperature. This will keep it cool without freezing it. Do not freeze your pen. When travelling you should also remember that Praluent can be stored outside the refrigerator (below 25°C) protected from light. After removal from the refrigerator, the medicinal product must be used within 30 days.

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Further information on Praluent and on managing high levels of cholesterol can be found at: [www.mypraluent.co.uk](http://www.mypraluent.co.uk).

This website has been developed and funded by Sanofi.

For further information on Praluent please contact the Sanofi Medical Information Department on 0800 035 2525, by email to [uk-medicalinformation@sanofi.com](mailto:uk-medicalinformation@sanofi.com) or visit [www.mypraluent.co.uk](http://www.mypraluent.co.uk).

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 help by reporting any side effects you may get via the Yellow Card Scheme at [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk) or search for MHRA Yellow Card in the Google Play or Apple App Store. Side-effects may also be reported directly to the Sanofi Drug Safety Department on 0800 090 2314 or by email to [uk-drugsafety@sanofi.com](mailto:uk-drugsafety@sanofi.com).

**MyPraluent**  
FOR PATIENTS

[www.mypraluent.co.uk](http://www.mypraluent.co.uk)



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