

## What is Zimybe?

Zimybe is a combination medicine that improves cholesterol levels. Alongside diet and lifestyle changes, Zimybe can help lower low-density lipoprotein levels and triglycerides in the blood. These are also known as LDL or “bad” cholesterol. Zimybe also helps increase the amount of high-density lipoproteins (HDL), or “good” cholesterol.

Cholesterol is a vital part of a healthy diet and body. This molecule is an integral component in cells, hormones, vitamins, and digestive acids. Everyone needs some cholesterol to function. However, too much cholesterol in the blood is dangerous because it can form blockages in veins and arteries. These blocks cause strokes, heart attacks, and other serious complications. Zimybe is one way to avoid these risks.

Since Zimybe impacts cholesterol levels, it is often prescribed for patients with high cholesterol. It also treats the following conditions:

- Homozygous sitosterolemia, a lipid disorder associated with excess plant sterols that leads to premature heart conditions
- Primary hyperlipidemia, a condition associated with elevated cholesterol levels throughout the body
- HDL increases
- Decreases in fatty substances

Doctors may also prescribe Zimybe for other conditions.

Zimybe is a tablet that should be taken orally. This medication includes a combination of active ingredients: ezetimibe and simvastatin. Zimybe is also known by other names including Vytorin and ezetimibe-simvastatin.

## How Does Zimybe Work?

Zimybe combines active ingredients to address cholesterol levels in two different ways. Ezetimibe is a selective cholesterol-absorption inhibitor which means it prevents cholesterol from being absorbed in the intestines. It can reduce cholesterol absorption by 15-20% daily. Importantly, Ezetimibe does not interfere with the absorption of fat-soluble vitamins and non-cholesterol fats.

Simvastatin is part of the statin drug class. This family of medicines reduces cholesterol levels by preventing the liver from making as much cholesterol. The liver typically produces most of the cholesterol a person needs. However, patients with high cholesterol levels may produce excess amounts. Simvastatin interferes with the liver enzyme responsible for making cholesterol to reduce the overall level.

Zimybe’s dual mechanisms of action offer a double-pronged approach to high cholesterol. Ezetimibe limits the amount of cholesterol absorbed from food. Simvastatin reduces the cholesterol that is produced by the body. This makes Zimybe a useful medication for patients with very high cholesterol or who cannot tolerate other cholesterol medications.

However, Zimybe is typically only part of a treatment plan. Diet and lifestyle changes are other powerful tools for addressing cholesterol levels. Your medical team may also recommend exercise, reaching a healthy weight, and eliminating tobacco use.

## **Precautions and Warnings**

Zimybe impacts your digestion, liver function, and blood contents. It is important to give your medical team a complete, honest picture of your health before taking this medication. Zimybe may make some pre-existing conditions worse. It can also interfere with other medications. Tell your doctor about all the medications you take, including other prescriptions, over-the-counter medicine, herbs, vitamins, supplements, cannabis, alcohol, and any illicit drugs.

Since Zimybe affects your liver enzymes, it can impact how your body metabolizes other substances. Avoid using alcohol while using Zimybe.

Zimybe comes in different dosages. Your doctor chose your dose based on factors like your condition, medical history, other medications, risks, and goals. You should take Zimybe as prescribed for the best results. Tell your doctor if you have side effects, questions, or concerns.

Do not use Zimybe if you are allergic to Ezetimibe, Simvastatin, or other ingredients.

Some patients experience changes in their mental alertness when taking this medication. Do not drive or use heavy machinery on Zimybe.

- Zimybe is not a good fit for patients with certain conditions. Other medications may be a better choice instead. Tell your doctor if you have any of the following conditions:
  - Pregnancy
- Breast-feeding
- Infertility
- Current liver disease or bloodwork showing possible liver issues
- Complications from other cholesterol medications
- Hypothyroidism
- High blood pressure
- High body weight
- Kidney problems
- Substance abuse problems
- Recent or upcoming surgery
- Female patients who have not had their first menstrual period

## **What Are the Side Effects of Zimybe?**

Like any medication, Zimybe may cause side effects. These can range from mild irritations to life-threatening concerns. Tell your doctor if you experience side effects while taking Zimybe.

Common Zimybe side effects include:

- Muscle pain or tenderness
- Weakness
- Dizziness
- Depression
- Confusion or memory changes
- Nausea, vomiting, diarrhea, gas, constipation, abdominal pain, bloody stool, or other digestive concerns
- Heartburn
- Coughing or shortness of breath
- Hair loss
- Dry mouth
- Hot flushes
- Muscle cramps, spasms, numbness, or weakness
- Rash or itching
- Hand, ankle, or foot swelling
- Blurred or impaired vision
- Headache
- Signs of an allergic reaction (facial swelling, rash, trouble breathing)
- Yellow skin or eyes
- Dark urine

Not all patients experience side effects from Zimybe. You may not experience any of these concerns. If you do notice side effects, remember to tell your doctor right away.

### **What Are Drug Interactions From Zimybe?**

Your liver is responsible for breaking down drugs, medications, and other substances. Since Zimybe changes how your liver works, it can also change how your body processes these substances.

Zimybe may cause drug interactions with the following medications:

- Some antibiotics and antifungals
- HIV treatments including HIV protease inhibitors and cobicistat
- Hepatitis C medications including boceprevir, telaprevir, elbasvir, and grazoprevir
- Nefazodone
- Danazol
- Cyclosporin
- Amiodarone
- Colchicine
- Gemfibrozil
- Anticoagulants such as warfarin and fluindione
- Antacids

Additionally, Zimybe can interfere with other medications that treat high cholesterol levels and heart conditions. You should not take Zimybe with other cholesterol medications unless your doctor specifically prescribes them both. These drugs include:

- Bile acid sequestrates like colestyramine
- Fibrates
- Nicotinic acid or niacin
- Amiodarone
- Amlodipine
- Diltiazem
- Verapamil
- Lomitapide
- Digoxin
- Ticagrelor

Additionally, do not eat or drink grapefruit products while taking Zimybe.

## What are the Strengths and Dosages of Zimybe?

Zimybe is available in several dosages. Each dose contains both Ezetimibe and Simvastatin. All Zimybe strengths have 10 mg of Ezetimibe but the amount of Simvastatin varies.

Dosage	Amount of Ezetimibe	Amount of Simvastatin
Zimybe 10/10	10 mg	10 mg
Zimybe 10/20	10 mg	20 mg
Zimybe 10/40	10 mg	40 mg
Zimybe 10/80	10 mg	80 mg

## Cost of Ciprofloxacin Zimybe in America?

Zimybe is sold under the name Vytorin in America. A 90-day supply of brand-name Vytorin sells for around \$1,300. There are a few ways to lower this price. The generic version of the drug, ezetimibe-simvastatin, is often much less expensive. Generic Vytorin is around \$600-700. Patients with Medicare or other insurance may have an even lower out-of-pocket cost. If you do not have insurance, manufacturer's or pharmacy coupons can bring the price down to around \$70.

## Are there alternatives to Zimybe?

There are other cholesterol medications available if Zimybe isn't a good fit. Liptruzet and Roszet are two other medications that combine a cholesterol absorption inhibitor and an anti-statin. Your doctor may also prescribe these active ingredients as two separate medications.

## **Zimybe FAQs**

### **Why does my doctor want me to take Zimybe?**

Your doctor prescribed Zimybe to help change your cholesterol levels. Having too much “bad” cholesterol (LDL) and not enough “good” cholesterol (HDL) puts you at risk for heart attacks, strokes, and other serious conditions. Zimybe reduces your cholesterol levels by keeping you from absorbing as much cholesterol from your food. It also prevents your liver from making as much cholesterol as normal. Taken together, these actions help lower your overall cholesterol levels.

### **How can I get the best results from Zimybe?**

Zimybe works best with lifestyle and dietary changes. Medication is one way to address high cholesterol, but it’s not the only tool. Changing your diet to eat less cholesterol is one important way to lower your overall cholesterol levels. Other changes like adding more exercise, losing weight if needed, and quitting smoking will also help. Your medical team can help you build a plan customized to your needs.

### **How should I take Zimybe?**

Zimybe is typically prescribed for you to take it once a day, at night. Always follow your doctor’s instructions in case a different time is best for you.

### **What if I miss a dose?**

You shouldn’t take a double dose if you miss a Zimybe pill. If you realize you missed the dose and it’s almost time for your next pill, just take one. Just get back on schedule again for the next day. If you still have lots of time until the next pill, you can take the missed dose.

### **Is Zimybe addictive?**

No, Zimybe is not addictive.

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Breast-feeding

Infertility

Current liver disease or bloodwork showing possible liver issues

Complications from other cholesterol medications

Hypothyroidism

High blood pressure

High body weight

Kidney problems

Substance abuse problems

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