

Study Pack - ISMN XL



Participant ID:

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This pack is designed to help you take your **CVD-Cog tablets**.

- The CVD-Cog study is testing two medications called:
 - **Cilostazol** and **Isosorbide Mononitrate (ISMN)**
- You have been randomly allocated to take:

Isosorbide Mononitrate XL

START DATE:

- The dose of tablets you are taking will increase for the first few weeks, until the full dose is reached, providing you are not getting any side-effects.
- Take tablets **30 minutes** before meals with a glass of water.
- The table below provides details of which tablets you should take and when.

WEEK	MORNING	EVENING
WEEK 1-2 Date _____ to _____		
WEEK 3-4 Date _____ to _____		
WEEK 5-25 Date _____ to _____		
PLEASE NOTE: Medication will be reduced gradually at the end of the study		
WEEK	MORNING	EVENING
WEEK 26 Date _____ to _____		
WEEK 27 Date _____ to _____		

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You will be followed up by **two teams**.



Your **local hospital** team will:



- Call you **at least twice** during your first month of treatment and once after 6 months of taking the treatment to:



- Check new symptoms or problems that you have noticed.



- Discuss how your study drug treatment is progressing.

Drug treatment will continue for **6 months**.



- The **Nottingham central** team will be checking new symptoms or problems that you have noticed and asking you some questions at the **6-month** telephone follow up



- **Please return** any **unused** tablets in their packs to the **community** or **hospital** pharmacy,
- Keep old unused tablets in a separate bag with a note: *"Do not take it. Return to the pharmacy"*.

Additional Instructions

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- If you see your doctor, please tell them that you take part in CVD-Cog study.
 - Especially if you are prescribed new drugs
- **Don't** take Viagra (or tadalafil, sildenafil, vardenafil)

**Phone 999 immediately you think you are
having a stroke or mini-stroke symptoms.**

Contact your local hospital team if:

- You have a question about your study drugs
- You accidentally take too many of your study drugs
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- You have symptoms that you think could be due to study drugs whilst you are taking the drugs and for 2 weeks after you stop taking them
- You lose your study drugs
- You have any other question related to being involved with the CVD-Cog study

Contact Us:



Local hospital team

Contact Name:

Phone number:

Email address:



Central research team:

Phone number: Insert phone number

Email: CVD-Cog@nottingham.ac.uk

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