

# Study drug information pack - ISMN non-XL and Cilostazol

Participant ID:

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) non-XL**
- You have been randomly allocated to take:

<b>Isosorbide Mononitrate non-XL and</b> <b>Cilostazol</b>	<b>START DATE:</b>
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- 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	ISMN non-XL		CILOSTAZOL	
	MORNING	EVENING	MORNING	EVENING
WEEK 1-2 Date _____ to _____				
WEEK 3-4 Date _____ to _____				
WEEK 5-25 Date _____ to _____				
<b>PLEASE NOTE: Medication will be reduced gradually at the end of the study</b>				
WEEK	MORNING	EVENING	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 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”***.

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## Additional Instructions

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

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

## Contact us if:

- You have a question about your study drugs
- You accidentally take too many of your study drugs
- 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:**

# Study drug information pack - ISMN non-XL and Cilostazol

**Participant ID:**

**Email address:**



**Central research team:**

**Phone number:** **Insert phone number**

**Email:** **CVD-Cog@nottingham.ac.uk**