

1. Each day please swallow one tablet and one capsule from the calendar-blister-pack corresponding to the appropriate day of the week. The child-proof tabs must be peeled away before the cover over each tablet and capsule can be removed and the tablet or capsule pushed out.
2. It may help you remember if you take the treatment at the same time each day – whenever is easiest for you. You may also wish to take them with a meal rather than on an empty stomach, although this is not essential.
3. If you forget to take a tablet or capsule at your usual time, you may still take it later the same day. However, if you miss a whole day or more, do not make up the missed tablets. Leave them in the calendar-pack and continue with the treatment for the next appropriate day.
4. If you reach the end of the last calendar-pack before receiving your next supply, please contact the ASCEND office on **Freephone 0800 585323**.
5. If you lose your study treatment, please contact **Freephone 0800 585323**. Replacement tablets and capsules can be sent.
6. Keep the medication out of the reach of children, and store them in a dry place away from excessive heat, cold or moisture.

7. We ask participants **not** to use non-study aspirin or aspirin-containing medications wherever possible (see summary over page for a list of these). For simple pain relief paracetamol is a good alternative and can be safely taken in combination with the study medication.
8. If you are anticipating surgery, you should stop the study tablets (aspirin or placebo) for 10 days prior to surgery and resume upon recovery or as soon as your doctor approves. There is no need to stop the capsules.
9. If you experience minor symptoms that you believe may be related to the study tablets or capsules, you may wish to try taking them with meals, if you are not already doing so, or discontinuing them for a few days. If you experience any major symptoms or feel you must stop the tablets or capsules altogether, then please telephone the coordinating centre on 0800 585323.
10. **If you are prescribed any of the following drugs by your own doctors please stop your study tablets and telephone the coordinating centre on 0800 585323 as soon as possible to inform us:**
  - a. Aspirin (e.g. Anadin, Caprin, Disprin, Imazin, PostMI)
  - b. Warfarin (Marevan) or other anti-coagulant (e.g. Acenocoumarol (Nicoumalone, Sinthrome) or Phenindione)

Below is a list of aspirin-containing medications that we request participants in ASCEND wherever possible **NOT** to take. If you require pain relief, paracetamol is a good and safe alternative which can be taken in combination with the study treatment if necessary.

<b>PREPARATIONS CONTAINING ASPIRIN (to be avoided if possible)</b>	
Alka Seltzer	Co-codaprin
Alka Seltzer XS	Codis 500
Alka XS Go	Disprin
Anadin	Disprin CV
Anadin Extra	Disprin Direct
Anadin Extra Soluble	Disprin Extra
Anadin Maximum Strength	Dristan tablets
Angettes 75	Equagesic
Asasantin Retard	Gencardia
Askit	Imazin XL
Aspav	Maximum Strength Aspro Clear
Aspro Clear	Micropirin
Beechams Lemon Tablets	Mrs Cullen's
Beechams Powders	Nurse Sykes Powders
Boots Seltzer	Nu-seals Aspirin
Benoral	Phensic
Benorilate	Post MI 75EC
Caprin	Veganin

**IF YOU HAVE ANY QUESTIONS OR CONCERNS  
RELATING TO YOUR ASCEND STUDY TREATMENT  
PLEASE CALL 0800 585323**



# ASCEND

A Study of Cardiovascular Events in Diabetes



A randomised study of aspirin and of natural oils  
for the primary prevention of cardiovascular  
events in diabetes

## STUDY TREATMENT INFORMATION

This leaflet contains important information relating to  
your ASCEND study treatment. Please read all the  
information contained in this leaflet very carefully. If you  
have any questions about your study treatment, please  
feel free to call an ASCEND study nurse or doctor on  
the Freephone number 0800 585323.

**Please keep this information leaflet in a safe place  
for future reference.**

### **Co-ordinated by:**

Clinical Trial Service Unit, University of Oxford

E-mail: [ascend@ctsu.ox.ac.uk](mailto:ascend@ctsu.ox.ac.uk)

Website: [www.ctsu.ox.ac.uk/ascend](http://www.ctsu.ox.ac.uk/ascend)

