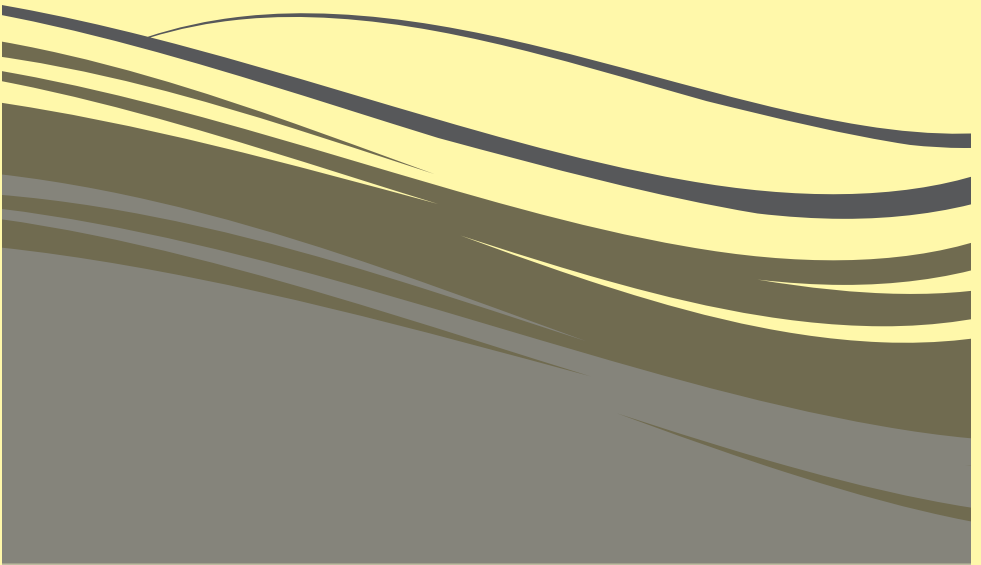


Direct Oral Anticoagulant (DOAC) Therapy

Important information for adult patients
prescribed: Apixaban, Dabigatran,
Edoxaban or Rivaroxaban



Patient Name:

Address:

Postcode:

CHI Number:

Condition requiring treatment:

Name of anticoagulant:

Dose (see label):

Date Treatment Started:

Intended duration of treatment:

Name of GP:

Address:

Postcode:

Telephone:



For an electronic version of this booklet, scan the QR code or visit <https://ggcmedicines.org.uk/information-for-patients/direct-oral-anticoagulants> where you can leave anonymous feedback using an online survey

Introduction

You have been given this booklet because you are starting to take a medicine known as a **direct oral anticoagulant (DOAC)**. An anticoagulant medicine reduces the risk of harmful blood clots by making your blood take longer to clot.

A healthcare professional will:

- go through this book with you
- explain what it all means
- answer any questions you may have.

How to use this booklet

This booklet gives you important information about your treatment and who to contact if you need further advice. Therefore, keep it safe.

We will also give you an Alert Card. **You should always carry this with you in your purse, bag or wallet.** In an emergency, this would alert healthcare professionals that you take anticoagulant medication before you receive other treatment. If you require a replacement alert card, please contact your community pharmacy.

Name of your medicine

There are a number of direct oral anticoagulant (DOAC) medicines available. The name of your anticoagulant medicine should be written inside the front cover of this booklet and on your Alert Card. It is important that you know which anticoagulant you have been prescribed and that you read the information leaflet provided with your medicine.

How do I take my anticoagulant?

Check the instructions on the medicine box label or on the information sheet in the box.

You can take apixaban, dabigatran and edoxaban with or without food. It is recommended that you take rivaroxaban with food. You should take your anticoagulant at about the same time each day, washing it down with a full glass of water. If you have difficulty swallowing tablets or capsules, speak to your doctor or pharmacist. **Make sure that you do not run out of your anticoagulant.**

The information leaflet in the medicine box will give you more detailed information about your anticoagulant.

What if I forget to take my anticoagulant or take the wrong dose?

All direct oral anticoagulants (DOACs) have a short duration of action so this means they do not stay in your body for very long. It is important to remember to take it every day as prescribed and around the same time(s).

If you miss a dose of your DOAC, check the advice on the information leaflet you received in the box containing your medicines.

Do not take double the dose the next day to make up the missed dose.

If you are unsure what to do, contact your GP, nurse or pharmacist for advice, or if out of hours call NHS 24 on telephone number 111. If you think you have missed more than one dose or if you have taken more than your normal dose, please contact your GP or NHS 24.

Taking your anticoagulant regularly

It is important that you take your anticoagulant regularly and continue to take it even if you feel better. Continue taking it until your doctor tells you to stop. If you are having problems remembering to take your anticoagulant and are missing doses, please discuss with your GP or pharmacist.

Monitoring treatment

You will need blood tests to check for anaemia at least once a year. You will also have your kidney function checked at least once a year to make sure the correct dose is prescribed. You can arrange this with your GP Practice.

Serious side effects

The most serious side effect of anticoagulants is bleeding. If you experience any of the following, get medical help by phoning your GP or contacting NHS 24 on telephone number 111:

- nosebleeds that last more than 10 minutes
- severe or prolonged bleeding from your gums (contact dentist for advice)
- blood in your vomit or spit
- passing blood in your urine or faeces (stools)
- recent onset of black faeces (stools)
- severe bruising or extensive bruising for no reason
- unusual headaches
- unexplained or significant increase in dizziness, tiredness, paleness and, or weakness
- for women, heavy or increased bleeding during your period or any other vaginal bleeding

If you cut yourself, apply firm pressure to the site for at least five minutes using a clean, dry dressing.

You may notice that you bruise more easily than before and this is to be expected. However, if you have severe bruising or extensive bruising, contact your GP for advice.

Get immediate medical help by phoning 999 if you:

- are involved in a major accident
- suffer a significant injury e.g. a blow to the head
- are unable to stop bleeding

Letting other people know

Going to your doctor

Your GP should know you are on an anticoagulant but in some cases, especially if it was recently started by a hospital doctor, their records may not be up to date. Tell your doctor that you have started taking an anticoagulant.

Going to the dentist

You should still go to your dentist as usual, but **your dentist will need to know you are taking an anticoagulant in advance** to make sure that any treatment is safe.

In the majority of cases, it may be possible for your dental treatment to go ahead as normal without stopping your anticoagulant. In some cases, it may be necessary to delay or miss a dose of your anticoagulant before dental treatment and start it again afterwards. Your dentist will tell you what to do.

Going for surgery or medical investigations

If you are due to have a surgical procedure or an invasive investigation, please tell the medical team doing the procedure or investigation that you are taking an anticoagulant. They may ask you to miss one or more doses of your anticoagulant to reduce any risk of bleeding.

Going to your community pharmacy

If you are planning to buy over-the-counter medicines, including alternative or herbal remedies (e.g. St. John's Wort) or supplements, tell the pharmacist that you are taking an oral anticoagulant and show them your anticoagulant Alert Card. They can then advise you on what medicines are safe to take. It is advisable to buy all over-the-counter medicines at a pharmacy so that a pharmacist can check if they are safe.

It is also important to let other people know you are on an anticoagulant. People you should tell include:

- Relatives, carers or people who help look after you
- Hospital doctors, nurses, pharmacists
- Paramedics and ambulance crew
- Other healthcare professionals e.g. chiropodist/podiatrist

Things that may affect your anticoagulant

Other medicines

Some medicines can interact with your anticoagulant. Direct oral anticoagulants (DOACs) should **not** be taken with warfarin except during very short periods of time and **only if specifically** instructed by a doctor, pharmacist or nurse.

You should not take aspirin unless it has been prescribed. We also advise you to avoid other non-steroidal anti-inflammatory drugs like diclofenac, ibuprofen and naproxen. Please note ibuprofen can be bought over-the-counter in pharmacies or shops with names such as Nurofen®. If you require an anti-inflammatory gel, speak to your community pharmacist for advice.

You can take paracetamol and codeine-based painkillers with your anticoagulant but some paracetamol 'plus' products contain aspirin. If you are unsure, please check with your pharmacist or GP.

Alcohol

The UK Low Risk Drinking Guidelines for both men and women advise that it is safest not to drink more than 14 units a week. It is best to spread your drinking evenly over 3 or more days.

Scan this QR code or visit:

<https://www.nhsinform.scot/healthy-living/alcohol/> for further guidance including how to calculate alcohol units.



It is dangerous to 'binge drink' or drink heavily while taking anticoagulants.

For Women Only

Pregnancy

It is not known whether these anticoagulants affect the development of a baby during pregnancy. If you are taking an oral anticoagulant, you should discuss plans for any future pregnancy with your doctor before trying to conceive.

If you think you are pregnant whilst taking an oral anticoagulant you should get a pregnancy test as soon as possible.

If this is positive, get an urgent appointment with your GP or contact a hospital Early Pregnancy Assessment Unit.

Breast-feeding

It is not recommended to breast-feed while on a direct oral anticoagulant (DOAC). If you are breast-feeding and have been prescribed a DOAC, speak to your midwife or GP.

Periods

You may experience heavier periods while you are taking oral anticoagulants and may wish to discuss this with your GP, nurse or pharmacist.

Educational Video

Information for Patients about their Oral Anticoagulant

Scan the QR code or click on the link below for a direct link to a short information video for patients prescribed an oral anticoagulant. This contains information on how the medication works and how to take it safely.

It is intended to be used in conjunction with the manufacturer's information leaflet/educational material provided by your healthcare professional and individual patient information regarding the indication, dose and duration of treatment.



<https://www.youtube.com/watch?v=iuaaAgJxGjA>

Tell us your opinion

Please help us improve our patient information by letting us know what you think of this booklet and alert card.

You can tell us your opinion by using the anonymous online survey at:

<http://www.nhsggc.scot/DOACsurvey>

You can also scan the QR code below for a direct link to the same online survey.



If you would prefer to complete the survey on paper, please ask Medicines Information for a copy. Our contact details are on the back of the booklet.

Thank you.

Notes

If you require this information in an accessible format, such as large print or braille, or in a community language, please use the contact details on your patient information leaflet or letter.

Jeśli niniejsze informacje potrzebne Ci są w specjalnym formacie, np. drukowane dużą czcionką lub pisane brajlem, czy też w języku, jakim posługuje się społeczność, skorzystaj z danych kontaktowych na ulotce informacyjnej lub w liście informacyjnym dla pacjenta.

如果您需要此信息的其他格式版本，如，大字体、盲文版或其他族群语言版本，请按患者信息资料或信函上提供的方式进行联系。

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਵਰਤਣਯੋਗ ਪ੍ਰਾਰੂਪ ਵਚਿ, ਜਵਿੰ ਕੀ ਵੱਡੇ ਅੱਖਰ ਜਾਂ ਬ੍ਰੇਲ ਵਚਿ, ਜਾਂ ਕਸਿ ਸਮਾਜਕ ਬੋਲੀ ਵਚਿ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਮਰੀਜ ਜਾਣਕਾਰੀ ਨਾਲ ਸਬੰਧਿਤ ਤੁਹਾਡੇ ਦਸਤੀ ਇਸ਼ਤਹਿਾਰ ਜਾਂ ਪੱਤਰ ਵਚਿ ਦੱਤੇ ਸੰਪਰਕ ਵੇਰਵਾਓ ਦੀ ਵਰਤੋ ਕਰੋ।

اگر آپ کو اس معلومات کی قابل سہولت اشکال جیسے واضح چھپائی یا بریل، یا کسی قومی زبان میں ضرورت ہیں تب براہ کرم آپ کے معلوماتی دستی اشتہار یا خط براہ مریض میں دی گئی رابطہ کی تفصیلات کا استعمال کریں۔

إذا كنت ترغب في الحصول على هذه المعلومة بتنسيق يسهل الاطلاع عليه، على سبيل المثال طبعة كبيرة أو بطريقة بريل أو بلغة محلية، يرجى استخدام تفاصيل الاتصال الموضحة على نشرة معلومات المريض الخاصة بك أو خطابنا.

Contact details for this booklet:

Medicines Information
Glasgow Royal Infirmary
84 Castle Street
Glasgow G4 0SF

Email: ggc.medinfo@nhs.scot

Acknowledgements

Adapted from the National Patient Safety Agency information booklet: Oral Anticoagulant Therapy: Important information for patients ©2012

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Information included in this booklet is correct at the time of publication.