

Please let all healthcare professionals treating you know that you are taking Apixaban, this includes anyone who prescribes medication for you.

Please inform any healthcare professional who plans to carry out a procedure or surgery for example, your dentist, surgeon, well in advance of the date of procedure/surgery, that you are taking this medication.

If you need to have an anaesthetic for a medical procedure or surgery, you may need to stop taking Apixaban for a short time. The doctor will tell you if you need to stop taking it and when to do so, and when to start taking it again.

WHAT IF I AM PREGNANT OR BREASTFEEDING?

Apixaban is not recommended during pregnancy or breastfeeding. Women who are taking Apixaban should discuss plans for future pregnancy with their doctor before they conceive. If there is a chance that you could become pregnant, use a reliable contraceptive while you are taking the anticoagulant. If your period is 1 week overdue and you think you may be pregnant, do a pregnancy test. If the pregnancy test is positive, you should contact your doctor urgently. If the test is negative, re-test every 3 days until either the period arrives or the test is positive. Breastfeeding is not recommended while taking Apixaban. Alternative anticoagulants can be used when you are breastfeeding.

CAN I PARTICIPATE IN CONTACT SPORTS?

If you are involved in contact sport, discuss this with your doctor or DOAC clinic.

CAN I CONSUME ALCOHOL

It is recommended that you do not exceed the recommended upper limit of 2 standard drinks per day.

1 standard drink

= 1 glass or half pint of beer, lager or stout

= 1 small glass of wine (100mls)

= 1 single measure of spirits, e.g. whiskey or vodka or gin.

DO NOT STOP TAKING THIS MEDICATION WITHOUT FIRST TALKING TO YOUR DOCTOR

Carry your anticoagulant alert card with you and wear an alert bracelet. Show your alert card to your Doctor, pharmacist, dentist or nurse at each visit.

Please refer to

<http://www.hpra.ie/homepage/medicines/medicines-information/find-a-medicine/Apixaban> to get further information on this drug.

Alert bands available from Thrombosis Ireland

This leaflet is for general information only and is not a substitute for medical advice.



Registered Charity No: 20154240



Patient Information Leaflet



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Mon. – Fri. 9am – 1pm

WHAT IS APIXABAN?

Apixaban is one of a group of anticoagulants called DOACS which may be used in the treatment of clots in your legs (DVT) or in your lungs (Pulmonary embolus/PE) or to help prevent DVT or PE after knee or hip surgery or to help prevent formation of a clot in the heart of someone who has an irregular heart beat (Atrial fibrillation). Apixaban works by blocking a substance in the body called Factor Xa which is involved in the blood clotting process. Apixaban has been licenced in adults for:-

- ◆ Prevention of blood clots in patients who have knee or hip replacement surgery
- ◆ Treatment and prevention of deep vein thrombosis (DVT) and pulmonary embolism (PE)
- ◆ Prevention of stroke in patients with non-valvular atrial fibrillation

WHAT DOSE OF APIXABAN SHOULD I TAKE?

The dose varies from patient to patient and depends on why you require the anticoagulant. Your prescribing doctor/pharmacist will explain your dose in detail.

HOW AND WHEN SHOULD I TAKE MY APIXABAN?

We recommend you take your Apixaban with a full glass of water. It may be taken with or without food. As Apixaban is short acting please make sure you take it every 12 hours, for example 8am and 8pm.

If you have difficulty in swallowing Apixaban, it can be crushed and mixed with 2 tablespoonfuls (30mls) of water, apple juice or apple puree immediately before taking.

WHAT ARE THE SIDE EFFECTS OF APIXABAN?

Like all medicines, Apixaban can cause side effects, although not everybody gets them. Like other similar medicines (medicines to reduce blood clotting), Apixaban may cause bleeding which can potentially be life-threatening. In some cases the bleeding may not be obvious.

If you experience any bleeding event that does not stop by itself or if you experience the following signs of bleeding, consult your doctor immediately.

- ◆ Bloody black or tarry bowel motions
- ◆ Blood in the urine
- ◆ Coughing up or vomiting blood or material that looks like coffee grounds
- ◆ Nose bleeds (that last longer than 10 minutes)
- ◆ Bleeding from your gums
Unusual or extensive bruising
When bleeding is not obvious (maybe internal) the signs can be :
- ◆ Exceptional weakness
- ◆ Tiredness
- ◆ Paleness
- ◆ Dizziness
- ◆ Headache
- ◆ Unexplained swelling

Please seek immediate attention if you suffer major trauma or a blow to the head or unable to stop bleeding

HOW LONG WILL I NEED TO TAKE APIXABAN FOR?

The length of treatment depends on the condition requiring treatment. Your doctor will discuss this with you when you start the treatment.

Some people need treatment for a short time eg three months, while others will need to continue Apixaban indefinitely.

DOES APIXABAN NEED TO BE MONITORED?

Apixaban does not require routine blood test monitoring. However, we recommend that your kidney and liver function is checked prior to starting treatment and at follow up appointments while on treatment. If you develop abnormal kidney liver function your dose may need to be reduced. Discuss with prescriber, GP or clinic.

WHAT IF I FORGET A DOSE?

If a dose is missed, take the dose immediately and then continue with twice daily intake.

If you have missed a dose of your Apixaban and you are unsure what to do, contact the DOAC clinic or your pharmacist for advice.

WHAT ABOUT TAKING OTHER MEDICINES?

Your medicines will be reviewed before you start Apixaban and any necessary changes will be made, as other medicines may interact with Apixaban. It is important you check with your pharmacist or doctor before starting any additional medicines or herbal remedies or before stopping any existing ones.

- ◆ Avoid aspirin and aspirin containing medicines unless prescribed by your doctor
- ◆ Avoid non-steroidal anti-inflammatory drugs like ibuprofen (Nurofen) which is available over the counter (OTC)
- ◆ Paracetamol and codeine based pain killers are acceptable.
- ◆ It is advisable to purchase all medicines from one pharmacy and inform them you are taking Apixaban