

### Can I do contact sports?

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

### DOAC Check list

#### You should:

- ✓ Report signs or bleeding and bruising
- ✓ Have annual blood tests  
to check your kidney function
- ✓ Take your DOAC with food  
and a glass of water
- ✓ Take the dose prescribed
- ✓ Eat a normal healthy diet
- ✓ Carry your anticoagulant  
alert card with you
- ✓ Show your alert card to your  
pharmacist/dentist/nurse at each visit
- ✓ Attend all medical review appointments

#### You should not:

- ⊗ Take aspirin or medicines containing  
aspirin unless prescribed by your doctor
- ⊗ Miss a dose of DOAC  
unless advised by your doctor
- ⊗ Take an extra dose of DOAC
- ⊗ Run out of tablets. Always have a repeat  
prescription available.

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



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Phone: 087 363 4828  
Mon. – Fri. 9am – 1pm

# Direct Oral Anticoagulants (DOAC'S)

Patient Information Leaflet



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### **What is a Direct Oral Anticoagulant?**

Direct Oral Anticoagulants (DOAC's) are drugs which prevent harmful blood clots forming in your blood vessels. They do this by slowing down the clotting process. They have a similar effect on thinning the blood as warfarin.

*These drugs include Rivaroxaban, Apixaban, Dabigatran and Edoxaban.*

### **What dose of DOAC should I take?**

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

### **How and when should I take my DOAC?**

We recommend you take your DOAC with food and a glass of water. These drugs are short acting so it is important you take them at the same time every day.

If you take your medication twice a day, please make sure you take it every 12 hours, for example 8am and 8pm.

### **Are there any side effects associated with DOACs?**

The main side effect of DOACs is unexpected bleeding or bruising. If you experience any of the following, please report to your clinic or GP as soon as possible:

- ◆ Prolonged nose bleeds (lasting more than 10 minutes)
- ◆ Prolonged bleeding from cuts
- ◆ Blood in vomit or sputum (spit)
- ◆ Blood in urine
- ◆ Significant spontaneous bleeding
- ◆ Unusual headaches

For women: heavy or increased bleeding during your period or any other vaginal bleeding  
Some patients experience nausea, diarrhoea and/or heartburn. If these symptoms persist contact your GP or clinic.

*Seek immediate attention if you suffer major trauma or a blow to the head, or are unable to stop bleeding.*

### **How long will I need to take the DOAC 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 e.g. three months, while others will need to continue to DOAC indefinitely.

### **Are blood tests needed to monitor the DOACs?**

DOACs do not require routine blood test monitoring. However, we recommend that your kidney function is checked prior to starting treatment and at least annually while on treatment.  
If you develop issues with your kidneys such as kidney infection or abnormal kidney blood tests please contact your clinic or doctor as your dose may need to be reduced.

### **What if I forget a dose?**

If you are taking a DOAC once a day, please take it as soon as you remember and do not take more than one dose per day.  
If you are taking a twice daily dose:  
If it is more than 6 hours to the next dose, please take your missed dose. If it is less than 6 hours to your next dose, please miss out on the dose and take next dose at usual time.

### **What about taking other medicines?**

Your medicines will be reviewed before you start a DOAC and any necessary changes will be made.

As other medicines may interact with DOACs it is important you check with a pharmacist before starting/taking any additional medicines/herbal remedies or before stopping any existing ones. Avoid taking any medicines that may increase your risk of bleeding, such as aspirin or ibuprofen, unless prescribed by a doctor for you. If you need a painkiller, paracetamol and codeine are acceptable.

*Please let other healthcare professionals treating you know that you are taking a DOAC. This includes anyone who prescribes you medication or carries out a procedure, for example, your dentist.*

### **What if I am pregnant or breastfeeding?**

DOAC medication is not recommended during pregnancy. Women who are taking a DOAC 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 a DOAC. Alternative anticoagulants can be used when you are breastfeeding