

Rivaroxaban

Rivaroxaban is a type of medicine known as an anticoagulant. It makes your blood flow through your veins more easily. This means your blood will be less likely to make a dangerous blood clot. It's also used to treat people who have had a health problem caused by a blood clot eg. a blood clot in the leg – deep vein thrombosis (DVT), a blood clot in the lungs – a pulmonary embolism, a stroke or a heart attack

Who may not be able to take Rivaroxaban

Most adults aged 18 and over can take Rivaroxaban, however is not suitable for some people. To make sure it's safe for you, tell your doctor if you:

- have ever had an allergic reaction to Rivaroxaban or any other medicine
- are trying to get pregnant or you're already pregnant – Rivaroxaban can be harmful to your baby
- have liver or kidney problems
- have any injuries that are currently bleeding a lot, such as a wound
- have a stomach ulcer
- have antiphospholipid syndrome, a condition that affects the immune system and makes you more likely to get blood clots
- have ever had surgery to replace a heart valve

Can I take Rivaroxaban if I am pregnant or breastfeeding?

If you take rivaroxaban and are planning to get pregnant or you become pregnant while taking it, speak to your doctor or specialist. You will need to be changed to a different medicine. It may be OK to take rivaroxaban while breastfeeding, but talk to your doctor or pharmacist first.

Which medicines should I avoid taking with Rivaroxaban?

Some medicines can affect how Rivaroxaban works. This can lead to serious side effects. Tell your doctor if you're taking any of these medicines before you start taking Rivaroxaban:

- Warfarin
- Enoxaparin
- Fluconazole
- Erythromycin
- Clarithromycin
- Rifampicin
- Ritonavir
- Carbamazepine
- Phenytoin
- Phenobarbital
- St John's Wort
- drugs like Ibuprofen and Aspirin

How should I take Rivaroxaban?

Try to take it at the same time every day, with some food to help your body absorb the whole dose. If you're taking Rivaroxaban to treat DVT or a pulmonary embolism you may need to take it twice a day for the first few weeks.

How long should I take Rivaroxaban for?

How long you need to take Rivaroxaban will depend on why you're taking it. If you have had a blood clot (DVT or pulmonary embolism), you'll usually take Rivaroxaban for at least 3 months. Depending on what caused the blood clot, you might need to take it for longer.

What are the Side effects of Rivaroxaban?

Whilst Rivaroxaban has enormous benefits, the downside is that it can make you bleed more than normal. Other side-effects include tiredness and lack of energy, shortness of breath, noticeable heartbeats (heart palpitations) and paler than usual skin, feeling dizzy or light-headed, mild rash, feeling or being sick (nausea or vomiting).

Less serious bleeding

It's usual to bleed more easily than normal while you're taking Rivaroxaban and effects might include:

- periods that are heavier and last longer than usual,
- bleeding for a little longer than usual if you cut yourself
- occasional nosebleeds (that last for less than 10 minutes)
- bleeding from your gums when you brush your teeth
- bruises that come up more easily and take longer to fade than usual

This type of bleeding is not dangerous and should stop by itself.

Things you can do to help yourself:

- Cuts – press on the cut for 10 minutes with a clean cloth.
- Nosebleeds – sit or stand upright (do not lie down), pinch your nose just above your nostrils for 10 to 15 minutes, lean forward and breathe through your mouth, and place an icepack (or a bag of frozen peas wrapped in a teatowel) at the top of your nose.
- Bleeding gums – try using a soft toothbrush and waxed dental floss to clean your teeth.
- Bruises – these are harmless, but can be unsightly. It might help to make them fade more quickly if you put an ice pack wrapped in a towel over the bruise for 10 minutes at a time several times a day.

What can I do to try to help prevent bleeding whilst I am taking Rivaroxaban?

While you're taking Rivaroxaban, be careful when you do activities that might cause an injury or a cut or bruising. It can help to:

- avoid playing contact sports or other activities that can cause an injury
- wear gloves when using sharp objects
- stop wet shaving or removing hair with wax
- take dentures (false teeth) or retainers out for a few hours a day, to give your gums a rest – do not wear dentures or retainers that do not fit properly

Tell your doctor, dentist or nurse that you take Rivaroxaban before you have any medical or dental procedures or surgery – this includes vaccinations and routine appointments with the dental hygienist

More Serious bleeding

Occasionally, you can have serious bleeding from taking Rivaroxaban. This can be dangerous and may need urgent medical attention –contact your doctor or call NHS111 or call 999**

- you have red pee or black poo
- you get nosebleeds that you cannot stop and that last longer than 10 minutes
- you have any bleeding from a cut or injury that will not stop or slow down
- you have blood in your vomit or you're coughing up blood**
- you get severe headaches**
- sudden loss of vision or blurred vision**
- numbness or tingling in your arms or legs**

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:

Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB
Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ
Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD
Tel: 01905 760743