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# **Apixaban Counselling Checklist for AF**

## Anticoagulant Counselling Checklist – Apixaban AF

INFORMATION	MAIN POINTS
<p><b>What is Apixaban?</b></p>	<p>Apixaban (also known as Eliquis®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with atrial fibrillation (AF).</p> <p>Warfarin has been used to prevent stroke in people with AF for many years. DOACs, such as apixaban are suitable alternatives to warfarin for this condition. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Apixaban?</b></p>	<ul style="list-style-type: none"> <li>• AF is a heart condition that makes your heart beat out of rhythm and this can often be fast.</li> <li>• Blood clots can form in the heart as a result of AF.</li> <li>• If the clot leaves the heart and travels to the brain this can result in a stroke.</li> <li>• An anticoagulant will reduce your risk of stroke.</li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>TWICE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Try to take apixaban at the same time each day, as this will help you to remember to take it.</li> <li>• Take with a glass of water.</li> <li>• Can be taken with or without food.</li> <li>• Space doses evenly, approximately 12 hours apart.</li> </ul>
<p><b>What if you miss a dose?</b></p>	<p><b><u>If you miss a dose:</u></b></p> <ul style="list-style-type: none"> <li>• Take the tablet as soon as you remember and:</li> <li>• take the next tablet of apixaban at the usual time</li> <li>• then continue as normal</li> </ul> <p style="text-align: center;"><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Apixaban</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, bruising and swelling, low blood pressure which may make you feel faint, and nausea (feeling sick).

**Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.**

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking apixaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting apixaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking apixaban.
<b>Can I drink alcohol?</b>	Apixaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding.
<b>Pregnancy (if appropriate)</b>	Apixaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking apixaban, you should contact your GP immediately.

Patient Alert Card issued

**Signature of Doctor / Pharmacist:** ..... **Date:** .....



# **Apixaban Counselling Checklist for VTE**

## Anticoagulant Counselling Checklist – Apixaban VTE

INFORMATION	MAIN POINTS
<p><b>What is Apixaban?</b></p>	<p>Apixaban (also known as Eliquis®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with deep vein thrombosis (DVT) or pulmonary embolism (PE).</p> <p>Warfarin has been used to treat/prevent blood clots for many years. DOACs, such as apixaban are suitable alternatives to warfarin for treating DVT/PE. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Apixaban?</b></p>	<p>You may be prescribed apixaban if you have had;</p> <ul style="list-style-type: none"> <li>• a recent DVT <input type="checkbox"/></li> <li>• a recent PE <input type="checkbox"/></li> <li>• To prevent blood clots <input type="checkbox"/></li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p><b><u>Treatment of DVT/PE</u></b>  <b>10mg</b> to be taken <b>TWICE</b> daily for <b>7 days</b> then  <b>5mg</b> to be taken <b>TWICE</b> a day</p> <p><b><u>If required for the prevention of recurrent DVT/PE</u></b>  <b>2.5mg</b> to be taken <b>TWICE</b> daily, following completion of 6 months anticoagulant treatment</p> <p>Total Length of Treatment =</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Try to take apixaban at the same time each day, as this will help you to remember to take it.</li> <li>• Take with a glass of water.</li> <li>• Can be taken with or without food.</li> <li>• Space doses evenly, approximately 12 hours apart</li> </ul>
<p><b>What if you miss a dose?</b></p>	<p>In the early weeks of treatment, it is extremely important <b>not to miss doses</b> – missed doses can put you at risk of another clot. This could be life-threatening.</p> <p><b><u>If you miss a dose:</u></b></p> <ul style="list-style-type: none"> <li>• Take the tablet as soon as you remember and:</li> <li>• take the next tablet of apixaban at the usual time</li> <li>• then continue as normal</li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Apixaban</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, bruising and swelling, low blood pressure which may make you feel faint, and nausea (feeling sick).

**Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.**

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking apixaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting apixaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking apixaban.
<b>Can I drink alcohol?</b>	Apixaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding.
<b>What happens if I feel ill?</b>	You should go to your own GP. If you experience difficulty breathing, increased breathing rate, or chest pain – seek immediate medical advice.
<b>Pregnancy (if appropriate)</b>	Apixaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking apixaban, you should contact your GP immediately.

**Patient Alert Card issued**

**Signature of Doctor / Pharmacist:** ..... **Date:** .....

# **Dabigatran Counselling Checklist for AF**



## Anticoagulant Counselling Checklist – Dabigatran AF

INFORMATION	MAIN POINTS
<p><b>What is Dabigatran?</b></p>	<p>Dabigatran (also known as Pradaxa®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with atrial fibrillation (AF).</p> <p>Warfarin has been used to prevent stroke in people with AF for many years. DOACs, such as dabigatran are suitable alternatives to warfarin for this condition. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Dabigatran?</b></p>	<ul style="list-style-type: none"> <li>• AF is a heart condition that makes your heart beat out of rhythm and this can often be fast.</li> <li>• Blood clots can form in the heart as a result of AF.</li> <li>• If the clot leaves the heart and travels to the brain this can result in a stroke.</li> <li>• An anticoagulant will reduce your risk of stroke.</li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>TWICE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Try to take dabigatran at the same time each day, as this will help you to remember to take it.</li> <li>• Space doses evenly, approximately 12 hours apart.</li> <li>• Taking with food may help reduce the possibility of stomach irritation. Swallow the capsule whole, with a glass of water.</li> <li>• Do not to open the capsule as this may increase the risk of bleeding.</li> </ul>
<p><b>What if you miss a dose?</b></p>	<ul style="list-style-type: none"> <li>• If you forget to take a dose, you can still take it up to <b>6 hours</b> before you are due to take your next dose.</li> <li>• If your next dose is <b>less than 6</b> hours away, <u>skip the missed dose</u>. Wait until your next dose is due, then take your dabigatran capsule and carry on as usual.</li> <li>• <b>Do not take two doses at the same time to make up for the missed dose.</b></li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Dabigatran</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, indigestion, abdominal pain, nausea (feeling sick) and diarrhoea.

Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking dabigatran. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting dabigatran the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking dabigatran. Taking with food may help reduce the possibility of indigestion.
<b>Can I drink alcohol?</b>	Dabigatran is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>Pregnancy (if appropriate)</b>	Dabigatran should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking dabigatran, you should contact your GP immediately.

Patient Alert Card issued

**Signature of Doctor / Pharmacist:** ..... **Date:** .....



# **Dabigatran Counselling Checklist for VTE**

## Anticoagulant Counselling Checklist – Dabigatran VTE

INFORMATION	MAIN POINTS
<p><b>What is Dabigatran?</b></p>	<p>Dabigatran (also known as Pradaxa®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with deep vein thrombosis (DVT) or pulmonary embolism (PE).</p> <p>Warfarin has been used to treat/prevent blood clots for many years. DOACs, such as dabigatran are suitable alternatives to warfarin for treating DVT/PE. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Dabigatran?</b></p>	<p>You may be prescribed dabigatran if you have had;</p> <ul style="list-style-type: none"> <li>• a recent DVT <input type="checkbox"/></li> <li>• a recent PE <input type="checkbox"/></li> <li>• To prevent blood clots <input type="checkbox"/></li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>TWICE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Try to take dabigatran at the same time each day, as this will help you to remember to take it.</li> <li>• Space doses evenly, approximately 12 hours apart.</li> <li>• Taking with food may help reduce the possibility of stomach irritation. Swallow the capsule whole, with a glass of water.</li> <li>• Do not to open the capsule as this may increase the risk of bleeding.</li> </ul>
<p><b>What if you miss a dose?</b></p>	<p>In the early weeks of treatment, it is extremely important <b>not to miss doses</b> – missed doses can put you at risk of another clot. This could be life-threatening.</p> <ul style="list-style-type: none"> <li>• If you forget to take a dose, you can still take it up to <b>6 hours</b> before you are due to take your next dose.</li> <li>• If your next dose is <b>less than 6 hours</b> away, <u>skip the missed dose</u>. Wait until your next dose is due, then take your dabigatran capsule and carry on as usual.</li> <li>• <b>Do not take two doses at the same time to make up for the missed dose.</b></li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Dabigatran</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, indigestion, abdominal pain, nausea (feeling sick) and diarrhoea.

Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking dabigatran. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting dabigatran the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking dabigatran. Taking with food may help reduce the possibility of indigestion.
<b>Can I drink alcohol?</b>	Dabigatran is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>What happens if I feel ill?</b>	You should go to your own GP. If you experience difficulty breathing, increased breathing rate, or chest pain – seek immediate medical advice.
<b>Pregnancy (if appropriate)</b>	Dabigatran should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking dabigatran, you should contact your GP immediately.

**Patient Alert Card issued**

**Signature of Doctor / Pharmacist:** ..... **Date:** .....



# **Edoxaban Counselling Checklist for AF**

## Anticoagulant Counselling Checklist – Edoxaban AF

INFORMATION	MAIN POINTS
<p><b>What is Edoxaban?</b></p>	<p>Edoxaban (also known as Lixiana®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with atrial fibrillation (AF).</p> <p>Warfarin has been used to prevent stroke in people with AF for many years. DOACs, such as edoxaban are suitable alternatives to warfarin for this condition. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Edoxaban?</b></p>	<ul style="list-style-type: none"> <li>• AF is a heart condition that makes your heart beat out of rhythm and this can often be fast.</li> <li>• Blood clots can form in the heart as a result of AF.</li> <li>• If the clot leaves the heart and travels to the brain this can result in a stroke.</li> <li>• An anticoagulant will reduce your risk of stroke.</li> </ul>
<p><b>Dose and duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>ONCE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Try to take edoxaban at the same time each day, as this will help you to remember to take it.</li> <li>• Can be taken with or without food</li> </ul>
<p><b>What if you miss a dose?</b></p>	<ul style="list-style-type: none"> <li>• If you remember on the same day: Take the tablet immediately and then take your usual dose the next day</li> <li>• If you remember the next day or later: Take your usual dose for that day, do not double the dose to make up for the missed dose.</li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Edoxaban</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, dizziness, headache, abdominal pain, nausea (feeling sick), rash and itching.

**Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.**

**\*\*There is currently no drug available to reverse the effects of Edoxaban\*\***

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking edoxaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting edoxaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking edoxaban.
<b>Can I drink alcohol?</b>	Edoxaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>Pregnancy (if appropriate)</b>	Edoxaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking edoxaban, you should contact your GP immediately.

**Patient Alert Card issued**

**Signature of Doctor / Pharmacist:** ..... **Date:** .....





# **Edoxaban Counselling Checklist for VTE**

## Anticoagulant Counselling Checklist – Edoxaban VTE

INFORMATION	MAIN POINTS
<p><b>What is Edoxaban?</b></p>	<p>Edoxaban (also known as Lixiana®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with deep vein thrombosis (DVT) or pulmonary embolism (PE).</p> <p>Warfarin has been used to treat/prevent blood clots for many years. DOACs, such as edoxaban are suitable alternatives to warfarin for treating DVT/PE. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Edoxaban?</b></p>	<p>You may be prescribed Edoxaban if you have had;</p> <ul style="list-style-type: none"> <li>• a recent DVT <span style="float: right;"><input type="checkbox"/></span></li> <li>• a recent PE <span style="float: right;"><input type="checkbox"/></span></li> <li>• To prevent blood clots <span style="float: right;"><input type="checkbox"/></span></li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>ONCE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<p>Try to take edoxaban at the same time each day, as this will help you to remember to take it. Can be taken with or without food</p>
<p><b>What if you miss a dose?</b></p>	<p>In the early weeks of treatment, it is extremely important <b>not to miss doses</b> – missed doses can put you at risk of another clot. This could be life-threatening.</p> <ul style="list-style-type: none"> <li>• If you remember on the same day: Take the tablet immediately and then take your usual dose the next day</li> <li>• If you remember the next day or later: Take your usual dose for that day, do not double the dose to make up for the missed dose.</li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Edoxaban</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, dizziness, headache, abdominal pain, nausea (feeling sick), rash and itching.

Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.

**\*\*There is currently no drug available to reverse the effects of Edoxaban\*\***

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking edoxaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting edoxaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	There are no specific foods that you must exclude from your diet when taking edoxaban.
<b>Can I drink alcohol?</b>	Edoxaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>What happens if I feel ill?</b>	You should go to your own GP. If you experience difficulty breathing, increased breathing rate, or chest pain – seek immediate medical advice.
<b>Pregnancy (if appropriate)</b>	Edoxaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking edoxaban, you should contact your GP immediately.

**Patient Alert Card issued**

**Signature of Doctor / Pharmacist:** ..... **Date:** .....

**Reference:** Manufacturer's PIL, Lixiana® 15mg, 30mg, 60 mg film-coated tablets; Manufacturer's PIL, Lixiana® film-coated tablets, Daiichi

Sankyo UK Limited, The electronic Medicines Compendium. [www.medicines.org.uk](http://www.medicines.org.uk)

Prepared October 2015 by SHSCT Anticoagulant Team  
Reviewed November 2022

# **Rivaroxaban Counselling Checklist for AF**

## Anticoagulant Counselling Checklist – Rivaroxaban AF

INFORMATION	MAIN POINTS
<p><b>What is Rivaroxaban?</b></p>	<p>Rivaroxaban (also known as Xarelto®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with atrial fibrillation (AF).</p> <p>Warfarin has been used to prevent stroke in people with AF for many years. DOACs, such as rivaroxaban are suitable alternatives to warfarin for this condition. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<p><b>Why do you need Rivaroxaban?</b></p>	<ul style="list-style-type: none"> <li>• AF is a heart condition that makes your heart beat out of rhythm and this can often be fast.</li> <li>• Blood clots can form in the heart as a result of AF.</li> <li>• If the clot leaves the heart and travels to the brain this can result in a stroke.</li> <li>• An anticoagulant will reduce your risk of stroke.</li> </ul>
<p><b>Dose and Duration (Please enter details)</b></p>	<p style="text-align: center;">_____ <b>ONCE</b> a day</p>
<p><b>How is this drug best taken?</b></p>	<ul style="list-style-type: none"> <li>• Take rivaroxaban at the same time each day, as this will help you to remember to take it.</li> <li>• <b><u>Must be taken with a meal</u></b></li> <li>• Take at the end of a meal and swallow whole with water.</li> </ul>
<p><b>What if you miss a dose?</b></p>	<ul style="list-style-type: none"> <li>• If you remember on the same day: Take the tablet immediately and then take your usual dose the next day</li> <li>• If you remember the next day or later: Take your usual dose for that day, do not double the dose to make up for the missed dose.</li> </ul> <p><b>**Never take more than the recommended dose in any one day**</b></p>
<p><b>Things to be aware of when taking Rivaroxaban</b></p>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily.</u></b> Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>

**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, low blood pressure which may make you feel faint, dizziness, headache and gastrointestinal side effects such as abdominal pain, dyspepsia, nausea (feeling sick), constipation and diarrhoea.

**Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.**

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking rivaroxaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting rivaroxaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	Rivaroxaban must be taken with food. There are no specific foods that you must exclude from your diet when taking rivaroxaban.
<b>Can I drink alcohol?</b>	Rivaroxaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>Pregnancy (if appropriate)</b>	Rivaroxaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking rivaroxaban, you should contact your GP immediately.

Patient Alert Card issued

**Signature of Doctor / Pharmacist:** ..... **Date:** .....



# **Rivaroxaban Counselling Checklist for VTE**

## Anticoagulant Counselling Checklist – Rivaroxaban VTE

INFORMATION	MAIN POINTS
<b>What is Rivaroxaban?</b>	<p>Rivaroxaban (also known as Xarelto®) is an anticoagulant, which is a medicine that helps prevent the blood from clotting. It is an option for patients with deep vein thrombosis (DVT) or pulmonary embolism (PE).</p> <p>Warfarin has been used to treat/prevent blood clots for many years. DOACs, such as rivaroxaban are suitable alternatives to warfarin for treating DVT/PE. Unlike warfarin, they are used at a fixed dose, and they do not require close monitoring of blood levels.</p>
<b>Why do you need Rivaroxaban?</b>	<p>You may be prescribed rivaroxaban if you have had;</p> <ul style="list-style-type: none"> <li>• a recent DVT <span style="float: right;"><input type="checkbox"/></span></li> <li>• a recent PE <span style="float: right;"><input type="checkbox"/></span></li> <li>• To prevent blood clots <span style="float: right;"><input type="checkbox"/></span></li> </ul>
<b>Dose and Duration (Please enter details)</b>	<p>15mg to be taken <b>TWICE daily</b> for 3 weeks then _____ <b>ONCE a day</b></p> <p>Total length of treatment = _____</p> <p>If required for the prevention of VTE, the dose will be reviewed after 6 months</p>
<b>How is this drug best taken?</b>	<ul style="list-style-type: none"> <li>• Take rivaroxaban at the same time each day, as this will help you to remember to take it.</li> <li>• <b><u>Must be taken with a meal</u></b></li> <li>• Take at the end of a meal and swallow whole with water.</li> </ul>
<b>What if you miss a dose?</b>	<p>In the early weeks of treatment, it is extremely important <b>not to miss doses</b>- missed doses can put you at risk of another clot. This could be life-threatening.</p> <p><b>15mg Twice Daily Dosing:</b></p> <ul style="list-style-type: none"> <li>• Take the missed dose right away to make sure you get 30mg in one day. You may take 2 tablets at the same time. Then go back to your normal times the next day.</li> </ul> <p><b>Once Daily Dosing</b></p> <ul style="list-style-type: none"> <li>• If you remember on the same day: Take the tablet immediately and then take your usual dose the next day</li> <li>• If you remember the next day or later: Take your usual dose for that day, do not double the dose to make up for the missed dose.</li> </ul> <p style="text-align: center;"><b>**Never take more than the recommended dose in any one day**</b></p>
<b>Things to be aware of when taking Rivaroxaban</b>	<ul style="list-style-type: none"> <li>• Tell <b>dentists, pharmacists, doctors, nurses</b> that you are taking this drug.</li> <li>• Inside the tablet pack there is a Patient Alert Card which you should carry with you at all times while you are taking this medicine.</li> <li>• <b><u>You may bleed more easily</u></b>. Be careful and avoid injury. Use a soft toothbrush and an electric razor.</li> <li>• Check all drugs you are taking with your doctor/pharmacist including medicines you have bought yourself in the pharmacy and any herbal remedies or vitamins you may be taking as some medicines can interfere with this drug.</li> <li>• Use <b>birth control</b> that you can trust to prevent pregnancy.</li> </ul>



**What are some side effects of this drug?** - This drug works to prevent blood from clotting therefore **bleeding** is a possible side effect.

**Attend the Emergency Department (A&E) immediately if you suffer a significant blow to the head**

**Please seek medical advice immediately** if you have any of the following:

- Excessive bleeding
- Nose bleed that lasts for longer than 10 minutes despite applying pressure
- Blood in urine
- Bloody/black stools
- Coughing/vomiting up blood
- Unexplained or severe bruising
- Abnormally heavy periods

Additional side effects include anaemia which may cause tiredness or paleness, low blood pressure which may make you feel faint, dizziness, headache and gastrointestinal side effects such as abdominal pain, dyspepsia, nausea (feeling sick), constipation and diarrhoea.

**Further information on possible side effects can be found in the patient information leaflet inside your pack of tablets.**

<b>Interactions with other medicines</b>	<ul style="list-style-type: none"> <li>• Always inform your <b>doctor, dentist, pharmacist</b> that you are taking rivaroxaban. Ask them if the combination is allowed.</li> <li>• You should <u>avoid</u> <b>aspirin</b>, unless advised otherwise by your consultant. Note some over the counter medicines contain aspirin (cold &amp; flu remedies).</li> <li>• Avoid NSAIDs such as ibuprofen and diclofenac. Paracetamol is the preferred painkiller.</li> <li>• Speak to your doctor/pharmacist before taking herbal medicines as some of these may increase bleeding risk.</li> </ul>
<b>What about my current medication?</b>	Before starting rivaroxaban the prescriber will take into account current drug therapy.
<b>What can I eat?</b>	Rivaroxaban must be taken with food. There are no specific foods that you must exclude from your diet when taking rivaroxaban.
<b>Can I drink alcohol?</b>	Rivaroxaban is not directly affected by alcohol. However, we recommend that you do not exceed the safe limits of alcohol (not more than 14 units per week, spread evenly over 3 or more days) as this can increase your risk of bleeding.
<b>Dangerous activities</b>	It is advisable to avoid dangerous activities/contact sports, as increased risk of head injury/falls/bleeding. Trauma to the head can lead to serious bleeding– attend A&E.
<b>What happens if I feel ill?</b>	You should go to your own GP. If you experience difficulty breathing, increased breathing rate, or chest pain – seek immediate medical advice.
<b>Pregnancy (if appropriate)</b>	Rivaroxaban should not be taken in pregnancy or when breast feeding. If you become pregnant while you are taking rivaroxaban, you should contact your GP immediately.

Patient Alert Card issued

**Signature of Doctor / Pharmacist:** ..... **Date:** .....