



Patient Education Toolkit

Newer Anticoagulants

Coumadin[®](warfarin), Eliquis[®] (apixaban),
Pradaxa[®] (dabigatran),
Xarelto[®] (rivaroxaban) and Savaysa[®] (edoxaban)

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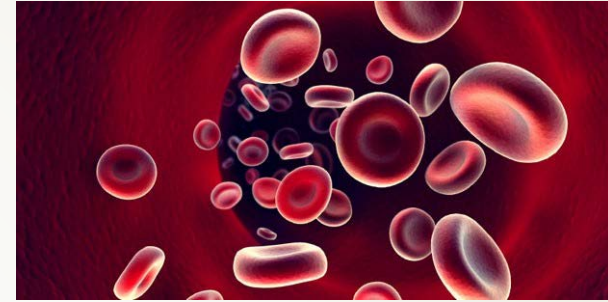
What is anticoagulation?

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What is anticoagulation?



- Your doctor has prescribed an anticoagulant medicine. These are sometimes called “blood thinners”.
- “Anti” means against and “coagulant” refers to the blood clotting. An anticoagulant helps keep clots from forming in your blood.

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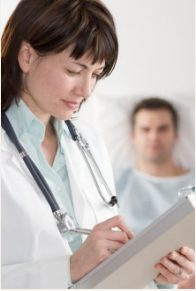
What are some of the anticoagulants that are used?

□ A number of anticoagulants are available:

- [Coumadin® \(warfarin\)](#)
- [Eliquis® \(apixaban\)](#)
- [Pradaxa® \(dabigatran\)](#)
- [Xarelto® \(rivaroxaban\)](#)
- [Savaysa® \(edoxaban\)](#)

□ **Coumadin® (warfarin)** is the most commonly used anticoagulant. For further information, please refer to the [Coumadin® \(warfarin\) Patient Education Toolkit](#).

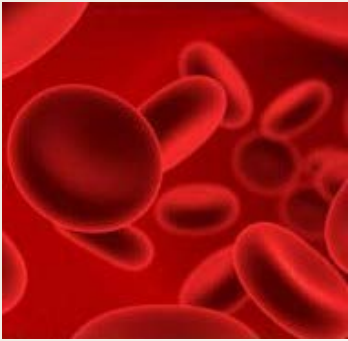
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Why am I taking an anticoagulant?

- Your doctor has prescribed one of the anticoagulants for you to take to keep harmful blood clots from forming. Many conditions can cause blood clots to form. For example, they can occur in people who have a heart condition called atrial fibrillation.

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How do anticoagulants work?

- Many things happen inside the body for a blood clot to form. Natural parts of the blood called clotting factors are involved in each step of the process.
- Anticoagulants work to block one or more of these clotting factors.

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How long will I be taking an anticoagulant?

- Ask your anticoagulation provider how long you will need to take the anticoagulation medication.
- Some people may need to take an anticoagulant life long. For example, a patient with a mechanical heart valve replacement.
- Some patients may only need it for a short while , for example those with a blood clot in their leg, due to immobility.

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Where should I store my medication?

- Place your medicine bottle in a cool dry place.
- Keep it away from where children and pets can get to it.



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How are anticoagulants monitored?

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Will I need to get my blood drawn?

- * You will **not** need to have routine blood tests (if you are taking [Eliquis® \(apixaban\)](#), [Pradaxa® \(dabigatran\)](#) , [Xarelto® \(rivaroxaban\)](#) or [Savaysa® \(edoxaban\)](#)) to adjust your dose or to check the amount of medication in your body.
- * Your dose is based on how well your kidneys are working however, your doctor may want you to have a blood test from time to time to check the health of your kidneys.

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Will I need to change my diet? ?

- You **CAN** eat all types of food there are no restrictions.
- You can take your medicine with food.



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Can I drink alcohol or smoke while I am taking an anticoagulant?

- Drinking alcohol, smoking tobacco products, including medical marijuana can both increase your risk of bleeding or clotting.
- The best thing to do is to avoid alcohol and smoking.
 - If you insist, do not exceed 1-2 drinks per day.
 - If you insist, keep the amount of smoking to a consistent level.
- Please notify your anticoagulation provider of any changes in your drinking or smoking habits.



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[Do I have to limit my activities while taking an anticoagulant?](#)

- Since these medicines increase your risk of bleeding, avoid activities that place you at risk of injury.
- Physical activities such as walking, jogging, swimming, and gardening are usually safe and may be continued. But activities that place you at risk of injury(contact sports) should be avoided.
- Check with your anticoagulation provider if you have questions about what activities are safe for you

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Click On Each Drug Above to be Referred to that section in the toolkit.



Eliquis[®] (apixaban)

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How long does it take for Eliquis[®] (apixaban) to work?

- It begins to reduce blood clotting within a few hours after taking the first dose.
- If you stop taking Eliquis[®] (apixaban), its effect on clotting begins to wear off within 24 hours for most people.

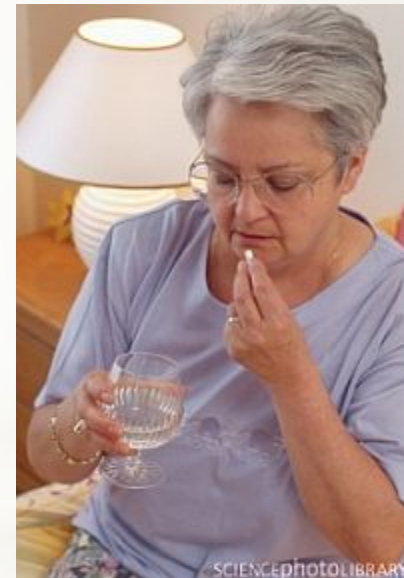


Eliquis[®]
(apixaban) tablets

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How should I take Eliquis® (apixaban)?

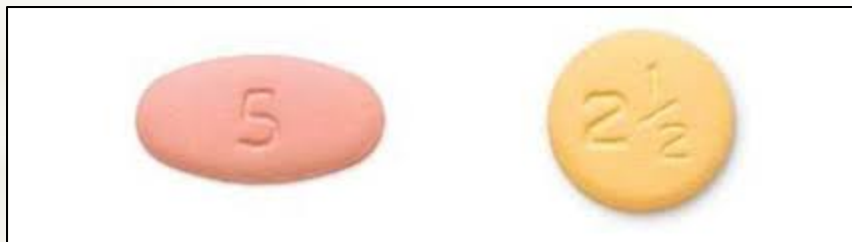
- ❑ Take it at the same time each day, in the morning and at night.
- ❑ Take the tablets with food



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How many Eliquis[®] (apixaban) tablets do I take?

- ❖ Take it exactly as your anticoagulation provider prescribed it for you.
- ❖ Eliquis[®] (apixaban) comes in 5 mg and 2.5 mg tablets



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What should I do if I miss a dose of Eliquis® (apixaban) ?



- Try to never miss a dose of your anticoagulant. Missing a dose could put you at a higher risk for clotting. If you do miss a dose:
 - ✓ If it is closer to the time for your **MISSED** dose, take the dose as soon as you can.
 - ✓ If it is closer to the time for your **NEXT SCHEDULED** dose, skip the missed dose and take the next one as scheduled.

Notify your anticoagulation provider if you have any further questions

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Pradaxa[®] (dabigatran)

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How long does it take for Pradaxa[®] (dabigatran) to work?

- It begins to reduce blood clotting within a few hours after taking the first dose.
- If you stop taking Pradaxa[®] (dabigatran), its effect on clotting begins to wear off within 24 hours for most people.



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How should I take my Pradaxa[®] (dabigatran)?

Pradaxa[®] (dabigatran) capsules come in a bottle or in a blister package.

When it is time to take your dose:

- Remove only your prescribed dose from your open bottle or blister package.
- Tightly close the bottle right away after removing your dose.
- Do not put the pills in pillboxes or organizers. Keep it in the original bottle or blister package.
- Swallow Pradaxa[®] (dabigatran) whole, do not break, crush or chew the capsule. Do not open to sprinkle the medicine inside or food or drinks.
- You can take Pradaxa[®] (dabigatran) with or without food.
- After you open the bottle, the medicine must be used within 4 months. If you do not finish the bottle within 4 months it must be safely thrown away. Then you need to start a new bottle.



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How many tablets do I take of Pradaxa[®] (dabigatran) ?

- Pradaxa[®] (dabigatran) comes in doses of 75 mg or 150 mg., which are taken twice a day.
- Pradaxa[®] (dabigatran) also comes in a dose of 110 mg which is taken once a day.
- Your doctor will decide which dose is right for you.



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What should I do if I miss a dose of Pradaxa® (dabigatran)?

- Try to never miss a dose of your anticoagulant. Missing a dose could put you at a higher risk for clotting. If you do miss a dose:
 - ✓ If it is closer to the time for your **MISSED** dose, take the dose as soon as you can.
 - ✓ If it is closer to the time for your **NEXT SCHEDULED** dose, skip the missed dose and take the next one as scheduled.

Notify your anticoagulation provider if you have any further questions

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Xarelto[®] (rivaroxaban)

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How long does it take for Xarelto[®] (rivaroxaban) ?[®]

- ❑ Xarelto[®] (rivaroxaban) begins to reduce blood clotting within a few hours after the first dose.
- ❑ If you stop taking it, its effect on clotting begins to wear off within 24 hours for most people.



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How should I take Xarelto® (rivaroxaban) tablets?

- Take it exactly prescribed by your doctor and at the same time each day.
- You can take the 10 mg tablets with or without food
- You **MUST** take the 15 mg and 20 mg tablets with food.



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How many Xarelto[®] (rivaroxaban) tablets do I take?

- ❑ Xarelto[®] (rivaroxaban) comes in 10 mg, 15 mg, and 20 mg tablets.
- ❑ The dose, number of doses to take each day and the time between each dose will be different for each person



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What should I do if I miss a dose Xarelto[®] (rivaroxaban)?

- Try to never miss a dose of your anticoagulant. Missing a dose could put you at a higher risk for clotting. If you do miss a dose:
 - ✓ If it is closer to the time for your **MISSED** dose, take the dose as soon as you can.
 - ✓ If it is closer to the time for your **NEXT SCHEDULED** dose, skip the missed dose and take the next one as scheduled.

Notify your anticoagulation provider if you have any further questions

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Savaysa[®] (edoxaban)

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How long does it take for Savaysa[®] (edoxaban) to work?

- Savaysa[®] (edoxaban) begins to reduce blood clotting within a few hours after the first dose.
- If you stop taking it, its effect on clotting begins to wear off within 24 hours for most people.

How should I take Savaysa[®] (edoxaban tablets)?[®]

- Take it exactly prescribed by your doctor and at the same time each day.
- You can take 15mg , 30 mg or 60mg mg tablets with or without food, once daily.



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How many Savaysa[®] (edoxaban) tablets do I take?

- Savaysa[®] (edoxaban) comes in 10 mg, 15 mg, and 20 mg tablets.
- The dose, number of doses to take each day and the time between each dose will be different for each person

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What should I do if I miss a dose of Savaysa[®] (edoxaban)?

- Try to never miss a dose of your anticoagulant. Missing a dose could put you at a higher risk for clotting. If you do miss a dose:
 - ✓ If it is closer to the time for your **MISSED** dose, take the dose as soon as you can.
 - ✓ If it is closer to the time for your **NEXT SCHEDULED** dose, skip the missed dose and take the next one as scheduled.

Notify your anticoagulation provider if you have any further questions

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Resources for Patients

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When do I call 911 or go to the Emergency Room when I am taking one of the newer anticoagulants ?

➤ Major Bleeding

- Blood in stool (red or looks like black tar)
- Blood in urine (red, coffee, or cola colored)
- Coughing or vomiting blood
- Uncontrolled bleeding from nose or gums
- Cuts that will not stop bleeding
- Excessive menstrual bleeding
- Extensive bruising

➤ Serious fall, or if you hit your head

➤ Signs and Symptoms of a Stroke

- Dizziness, visual changes, or severe headache
- Numbness or weakness in any limb
- Slurred speech or difficulty speaking

➤ Signs and Symptoms of Clots

- Shortness of breath
- Chest pain
- Redness, swelling, heat, or pain in any limb

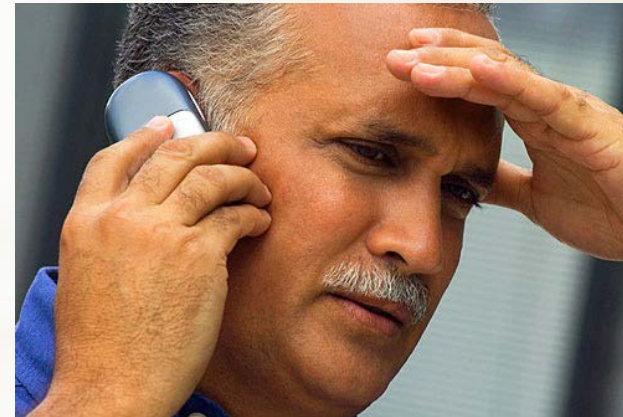
➤ Other serious symptoms or changes



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When do I call my anticoagulation provider ?

- ✓ Changes in prescription or over the counter medications or dietary supplements.
- ✓ Changes in your health and/or if you become pregnant.
- ✓ Planned procedures or surgeries.
- ✓ Changes in contact information.
- ✓ Need for refills for your anticoagulant.
- ✓ Questions about your anticoagulants.



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[ON-LINE Resources for patients](#)

Learn more about [Coumadin® \(warfarin\)](#),

www.coumadin.com

Learn more about [Xarelto® \(rivaroxaban\)](#)

www.xarelto.com

Learn more about [Pradaxa® \(dabigatran\)](#),

www.pradaxa.com

Learn more about [Eliquis® \(apixaban\)](#),

www.eliquis.com

Learn more about [Savaysa® \(edoxaban\)](#)

www.savaysa.com

American Heart Association (AHA)

<http://www.heart.org>

American Heart Association(AHA) Patients Guide to taking Warfarin.

<http://www.heart.org/HEARTORG>

American Venous Forum(AVF)

<http://www.veinform.org/>

APS Foundation of America (Anti phospholipid Antibody Syndrome)

<http://www.apsfa.org/>

American Society of Hematology (ASH)

<http://www.hematology.org/Patients/>

U.S. Med line Plus , Information on health conditions, and more from the US National Library of Medicine and the National Institutes of Health.

<http://www.nlm.nih.gov/medlineplus/>

The National Alliance for Thrombosis and Thrombophilia (NATT)

<http://www.stoptheclot.org>

Vascular Disease Foundation

<http://www.vascularfoundation.org>

AHRQ (Agency for Healthcare Research and Quality) Patient Education

<http://www.ahrq.gov/patients>

<http://www.healthcare411/video>

Thrombophilia Awareness Project

<http://www.fvleiden.org>

Vascular Disease Foundation

<http://www.vascularweb.org>

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Industry Sponsored Resources for patients**

Learn more about [Coumadin® \(warfarin\)](#),

www.coumadin.com

Learn more about [Xarelto® \(rivaroxaban\)](#)

www.xarelto.com

Learn more about [Pradaxa® \(dabigatran\)](#),

www.pradaxa.com

Learn more about [Eliquis® \(apixaban\)](#),

www.eliquis.com

Learn more about [Savaysa® \(edoxaban\)](#)

www.savaysa.com

American Heart Association (AHA)

<http://www.heart.org>

Stop Afib

www.stopafib.org

[What is Afib?](#)

www.youtube.com

Atrial Fibrillation

www.healthline.com

Health line Plus

www.nlm.nih.gov

[Afib Facts on Pinterest](#)

www.pinterest.com

*****The links listed above were developed by pharmaceutical companies, device companies and other companies in the anticoagulation industry.***

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*On behalf of the **MAQI² (Michigan Anticoagulation Quality Improvement Initiative)** consortium, we would like to thank the following individuals for their continuous dedication in preparing and developing the anticoagulation toolkit for patients. Funding is being provided by Blue Cross Blue Shield of Michigan and Blue Care Network.*

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"This toolkit is for informational purposes only and does not, itself, constitute medical advice. The toolkit is not a replacement for careful medical judgments by qualified medical personnel. There may be information in the toolkit that does not apply to or may be inappropriate for the medical situation at hand."

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