**Patient Education Toolkit**

**Newer Anticoagulants**

مضادات تخثر أحدث

الكومادين® (وارفارين)، اليكويسي® (ابيكسابان)، براداكسا® (دابيغاتران)،
زارلتو® (ريفاروكسابان) وسافايسا® (ادوكسابان)

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

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What is anticoagulation?

What are some of the anticoagulants that are used?

Why am I taking an anticoagulant?

How do anticoagulants work?

How long will I be taking an anticoagulant?

Where should I store my medication?
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.
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.
 لماذا أتناول مانع التخثر؟

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.
كيف تعمل موائع التخثر؟
How do anticoagulants work?

تتحدث عدة أشياء داخل جسمك والتي تساعده في تكون التجلطات الدموية. تشترك أجزاء طبيعية من الدم تسمى عوامل التجلط في كل خطوة من العملية.

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.

تعمل موائع التخثر على منع واحد من عوامل التخثر هذه أو أكثر.
Anticoagulants work to block one or more of these clotting factors.
ماهي المدة التي يتعين على فيها تناول مانع التخثر؟

How long will I be taking an anticoagulant?

إسأل مزود مانع التخثر عن المدة التي تحتاج فيها لتناول مانع التخثر.

Ask your anticoagulation provider how long you will need to take the anticoagulation medication.

إحتاج بعض الناس تناول موانع التخثر طول حياتهم. على سبيل المثال، المريض الذي تم استبدال صمامه القلبي بصمام ميكانيكي.

Some people may need to take an anticoagulant life long. For example, a patient with a mechanical heart valve replacement.

قد يحتاج بعض المرضى لفترة قصيرة فقط، على سبيل المثال أولئك الذين أصابهم تجلط دموي في الساق بسبب عدم الحركة.

Some patients may only need it for a short while, for example those with a blood clot in their leg, due to immobility.
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.
Key: Monitoring Anticoagulants

A. Will I need to get my blood drawn?

B. Will I need to change my diet?

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

D. Do I have to limit my activities while taking an anticoagulant?
هل احتاج إلى سحب الدم؟
Will I need to get my blood drawn?

لن تحتاج لإجراء فحوصات الدم الروتينية (إن كنت تتناول اليكويوس (ابيكسيبان) أو براداكسا (دابيجاتران)، أو زارلتو (ريفاروكسابان) أو سافايسا (ادوكسابان)) لغرض تعديل جرعتك أو لقياس كمية الدواء في جسمك.

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.

* تعتمد الجرعة التي تتناولها على مدى صحة عمل كليتيك، مع ذلك قد يحتاج طبيبك لأن يقوم بفحص دم من وقت لآخر للتأكد من صحة كليتيك.

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.
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.
هل أستطيع شرب الكحول أو التدخين خلال فترة تناولي مانع التخثر؟

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

شرب الكحول، تدخين منتجات التبغ، بما في ذلك الماريوانا الطبية كلها يمكن ان تزيد من خطر النزف أو التجلط.

Drinking alcohol, smoking tobacco products, including medical marijuana can both increase your risk of bleeding or clotting.

من الأفضل تجنب الكحول والتدخين.

The best thing to do is to avoid alcohol and smoking.

أذا أصرتي، لا تشرب أكثر من 1-2 كأس كل يوم.

If you insist, do not exceed 1-2 drinks per day.

إذا أصريت على التدخين، حافظ على كمية التدخين بمستوى ثابت.

If you insist, keep the amount of smoking to a consistent level.

الرجاء إبلاغ مزود مانع التخثر بأية تغيرات على عادات شرب الكحول أو التدخين لديك.

Please notify your anticoagulation provider of any changes in your drinking or smoking habits.
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.
Click on each drug above to be referred to that section in the toolkit.
Eliquis® (apixaban)

A. How long does it take for Eliquis® (apixaban) to work?

B. How should I take Eliquis® (apixaban)?

C. How many Eliquis® (apixaban) tables do I take?

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

تناوله في نفس الوقت كل يوم، صباحاً ومساءً.
تناول حبوب الدواء مع الطعام.
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.
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.

اشرح خطأ المحتوى الرئيسي

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

How should I take Pradaxa® (dabigatran)?

How many Pradaxa® (dabigatran) tables do I take?

What should I do if I miss a dose of Pradaxa® (dabigatran)?
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.
تأتي كبسولات براداكسا (دابيغاتران) بعبوة أو مغلف بحزمة فقاعات. عندما يحين موعد تناول جرعتك:

Pradaxa® (dabigatran) capsules come in a bottle or in a blister package. When it is time to take your dose:

- قم بإزالة جرعتك الموصوفة فقط من عبوتك المفتوحة أو المغلف ذو الفقاعات.
Remove only your prescribed dose from your open bottle or blister package.

- أقفل العبوة بإحكام حال إخراج الجرعة.
Tightly close the bottle right away after removing your dose.

- لا تضع حبات الدواء في علبة دواء أو علبة تنظيم الأدوية. إحفظه في علبته الأصلية أو حزمة فقاعات.
Do no put the pills in pillboxes or organizers. Keep it in the original bottle or blister package.
إبلع حبة براداكسا (دابيغاتران) كاملة، لا تقسمها، تسحقها أو تمضغها. لا تفتح الكبسولة أو تنتثر محتواها على الطعام أو الشراب.

Swallow Pradaxa® (dabigatran) whole, do not break, crush or chew the capsule. Do not open to sprinkle the medicine inside or food or drinks.

يمكنك تناول براداكسا (دابيغاتران) مع الطعام أو بدونه.

You can take Pradaxa® (dabigatran) with or without food.

بعد فتح العلبة، يجب استهلاك العقار خلال فترة 4 شهور. إذا لم تنتهي الدواء خلال فترة 4 شهور، فعليك التخلص من المتبقى منه وبصورة آمنة. وعليك البدء باستعمال علبة جديدة.

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.
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.
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.

After you miss a dose, take the next dose at your regular time. Do not take double doses.

If you have any further questions, contact your anticoagulation provider.
A. How long does it take for Xarelto® (rivaroxaban) to work?

B. How should I take Xarelto® (rivaroxaban) ?

C. How many tables do I take?

D. What should I do if I miss a dose of Xarelto® (rivaroxaban) ?
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.
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 tables with or without food.
- You MUST take the 15 mg and 20 mg tablets with food.
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.
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.

If you have any further questions, notify your anticoagulation provider.
A. How long does it take for Savaysa® (edoxaban) to work?

B. How should I take Savaysa® (edoxaban)?

C. How many tablets do I take?

D. What should I do if I miss a dose of Savaysa® (edoxaban)?
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.
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.

The dose, number of doses to take each day and the time between each dose will be different for each person.
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.
Resources for Patients

A. When do I CALL 911 or go to the ER when I am taking one of the newer anticoagulants?

B. When do I call my anticoagulation provider?

C. On line resources for patients

D. Industry sponsored 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

exit button

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

**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**
- ضيق في النفس
- ألم في الصدر
- أحمرار، تورم، الشعور بالحرارة، أو اللم في أي من الأطراف

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متى يتعين علي الاتصال بمزود مانع التخثر؟
When do I call my anticoagulation provider?

- تغيرات في الأدوية الموصوفة أو الأدوية بغير وصفة أو المكملات الغذائية.
  Changes in prescription or over the counter medications or dietary supplements.
- تغيرات في صحتك و/أو إذا أصبحتِ حاملاً.
  Changes in your health and/or if you become pregnant.
- العمليات الجراحية والإجراءات الطبية المخطط لها.
  Planned procedures or surgeries.
- تغيرات في معلومات الاتصال.
  Changes in contact information.
- الحاجة لإعادة تعبئة مانع التخثر الخاص بك.
  Need for refills for your anticoagulant.
- أسئلة عن مانع التخثر الخاص بك.
  Questions about your anticoagulants.
### ON-LINE Resources for patients

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| American Heart Association (AHA) | دليل المريض لتناول البارفارين الصادر عن جمعية القلب الأمريكية (AHA) | http://www.heart.org/HEART
<p>| American Venous Forum (AVF) | منتدى الأوردة الأمريكي (AVF) | <a href="http://www.veinforum.org">http://www.veinforum.org</a> |
| APS Foundation of America (Anti phospholipid Antibody Syndrome) | مؤسسة أمراض الأوعية الدموية (APS) في أمريكا (متلازمة الأجسام المضادة للشحميات الفسفورية بالدم) | <a href="http://www.apsfa.org">http://www.apsfa.org</a> |
| American Society of Hematology (ASH) | الجمعية الأمريكية لأمراض الدم (ASH) | <a href="http://www.hematology.org/Patients">http://www.hematology.org/Patients</a> |
| The National Alliance for Thrombosis and Thrombophilia (NATT) | التحالف الوطني لجُلُطِ الدم وأهبة التخثر (NATT) | <a href="http://www.stoptheclot.org">http://www.stoptheclot.org</a> |
| Vascular Disease Foundation | مؤسسة أمراض الأوعية الدموية | <a href="http://www.vasculardisease.org">http://www.vasculardisease.org</a> |
| Thrombophilia Awareness Project | مشروع التوعية عن أهبة التخثر | <a href="http://www.fvleiden.org">http://www.fvleiden.org</a> |
| Vascular Disease Foundation | مؤسسة أمراض الأوعية الدموية | <a href="http://www.vascularweb.org">http://www.vascularweb.org</a> |</p>
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**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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University of Michigan Health Systems

Detroit, Michigan

Huron Valley Hospital

West Michigan Heart

William Beaumont Hospital

Ann Arbor, Michigan

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انقر للرجوع لجدول المحتويات الرئيسي

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DISCLAIMER:

"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."