

Apixaban

for the treatment of DVT/PE

**This medication helps to
treat and prevent blood
clots**

A thick, light blue line that starts from the bottom left, curves upwards and to the right, then curves downwards and to the right, ending at the bottom right edge of the page.

What is apixaban and what is it used for?

Apixaban is a direct oral anticoagulant (DOAC). Anticoagulants reduce the risk of blood clots developing and prevent growth/movement of an existing blood clot.

Why have I been prescribed apixaban?

Apixaban is used to reduce the chances of further or new clot development, whilst your body breaks down the existing clot.





What are the benefits of apixaban?


It cuts your risk of developing further DVT or PE, and the complications associated with either of these conditions.

How do I take apixaban?

- Take apixaban at the same time each day
- Take apixaban before or after food
- There are no restrictions with food and drink whilst taking apixaban.

If you have been newly diagnosed with a blood clot then at first you need to take 10mg twice a day about 12 hours apart. Take each dose at the same times each day for one week. You may be asked to take a shorter duration at the higher dose if you have already received an alternative anticoagulant prior to starting. After this you take 5mg twice a day.

<u>At first</u>	<u>Then</u>
Morning: 	Morning: 
Evening: 	Evening: 
10 mg twice a day for one week	5mg twice a day

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- It is very important that you take your apixaban as advised.
 - Missing doses may increase the chance of the clot growing or new clots forming
 - If you miss a dose, take it as soon as you remember.

How long do I need to take apixaban for?

The treatment for a DVT or PE is usually for at least 3 months. Some patients may be required to continue apixaban longer than 3 months, sometimes indefinitely. This will depend on what caused your blood clot and your medical history. You may be reviewed by the RUH Haematology Thrombosis Clinic or your GP practice if there is a query regarding the need for long term treatment.

What are the risks?

Bleeding is a possible side effect of taking any anticoagulant and occasionally it can be serious.


You should seek medical help straight away if you have bleeding, especially if you have any of the following:

- coughing or vomiting blood
- black stools or blood in your stools
- severe, persistent headache, dizziness or weakness
- fall or injury to your head or face
- blood in your urine
- unexplained or severe bruising
 - persistent nose bleeds
- other unexpected or uncontrollable bleeding

Your risk of bleeding is increased – please take this into account before considering taking part in activities with a high risk of injury such as contact sports.

What else do I need to know when taking apixaban?

- If you become pregnant or plan to become pregnant, tell your doctor straight away. Apixaban is not recommended during pregnancy or breast feeding.
- To reduce your risks of bleeding during surgery, minor procedures or dental work, please tell your doctor or dentist that you are on apixaban. You may need to stop taking it for a short time.
- You should avoid drinking excessive amounts of alcohol whilst on apixaban due to the possible increased risk of bleeding.
- Ideally avoid taking non-steroidal anti-inflammatory drugs such as ibuprofen or naproxen with apixaban, as there can be an increased risk of bleeding, unless discussed first with a clinician. You can take pain relief such as paracetamol alongside apixaban.
- It may take up to 3 months for the symptoms of your blood clot to resolve. Some patients may still have some symptoms despite completing their treatment. In this instance you should speak with a clinician.



If you would like any more information regarding thrombosis please do visit our RUH site www.ruh.nhs.uk/Thrombosis or scan this QR code below. There is also a link on our site if you would like to give feedback on our service. Thank you.



Another useful website is thrombosisuk.org

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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