

be taken in less than 6 hours, do not take the dose that you have missed. Wait until your next dose is due, then take your Dabigatran (Pradaxa) capsule and carry on as usual. Never take a double dose of Dabigatran to make up for a missed one.

Do I need to follow a special Diet for Dabigatran (Pradaxa)?

No, Dabigatran does not have any special dietary instructions or requirements. Eat a normal balanced healthy diet. However, foods such as grapefruit or grapefruit juice may affect the absorption of some drugs including anticoagulants.

What can be done to stop the effect of Dabigatran (Pradaxa) in an emergency?

Dabigatran has a reversal agent called Praxbind. This can be given by a doctor in emergency situations to de-activate the Dabigatran (Pradaxa) if you need an emergency operation or if you have serious bleeding that will not stop.

What if I am pregnant or breastfeeding?

Dabigatran (Pradaxa) is not recommended during pregnancy. Women who are taking Dabigatran (Pradaxa) should discuss plans for future pregnancy with their doctor before they conceive. If there is a chance that you could become pregnant use a reliable contraceptive while you are taking the anticoagulant. If your period is 1 week overdue and you think you may be pregnant, do a pregnancy test. If the pregnancy test is positive, you should contact your doctor urgently. If the test is negative, re-test every 3 days until either the period arrives or the test is positive. Breastfeeding is not recommended when taking Dabigatran (Pradaxa). Alternative anticoagulants can be used when you are breastfeeding.

Can I do contact sports?

If you are involved in contact sport, discuss this with your doctor or DOAC Clinic.

Alcohol?

It is recommended that you do not exceed the recommended upper limit of 2 standard drinks per day. 1 standard drink =

- ◆ 1 glass or half pint of beer, lager or stout
- ◆ 1 small glass of wine (100mls)
- ◆ 1 single measure of spirits, e.g.
- ◆ Whiskey or vodka or gin.

Check List:

You should:

- ◆ Report signs of bleeding or bruising.
- ◆ Have annual blood tests to check your kidney function.
- ◆ Take your Dabigatran (Pradaxa) with a full glass of water and with or just after food.
- ◆ Take the medication exactly as prescribed.
- ◆ Eat a normal healthy diet.
- ◆ Carry your anticoagulant Alert Card with you and wear an Alert Bracelet.
- ◆ Show your alert card to your Doctor, pharmacist, dentist or nurse at each visit.
- ◆ Attend all medical review appointments.
- ◆ Always have a repeat prescription.

You should not:

- ◆ Take aspirin or medicines containing aspirin unless prescribed by your doctor.
- ◆ Miss a dose of Dabigatran unless advised by your doctor.
- ◆ Take an extra dose of Dabigatran (Pradaxa)
- ◆ Run out of tablets.
- ◆ Take this medication while pregnant or breastfeeding.

DO NOT STOP TAKING THIS MEDICATION WITHOUT TALKING TO YOUR DOCTOR.

This Leaflet is for general information only and is not a substitute for medical advice.

For more information and support please contact **Thrombosis Ireland @ 087 363 4828**



Patient Information Leaflet



THROMBOSIS IRL

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Mon. – Fri. 9am – 1pm

What are Anticoagulants?

Anticoagulants are medicines that prevent the blood from clotting as quickly as normal. Some people call anticoagulants blood thinners. The blood is not actually made any thinner, it just takes longer to clot whilst you are taking Anticoagulants.

What is Dabigatran (Pradaxa)?

Dabigatran (Pradaxa) is an anticoagulant medicine that helps to prevent blood from clotting. It does this by interfering with a substance called Factor Xa which is involved in the development of blood clots. This medicine has been approved by the National Institute of Health and Care Excellence (NICE).

Can anyone take Dabigatran (Pradaxa)?

NO, not everyone can take Dabigatran (Pradaxa). You should discuss the benefits and risks of taking this drug with your health care professional.

Do I need to have regular blood tests with Dabigatran (Pradaxa)?

NO, Dabigatran (Pradaxa) does not need regular blood tests to monitor your clotting levels (INR test).

However, you should have a blood test to monitor your kidney function before you start Dabigatran (Pradaxa) and then once a year there after.

Are there any possible unwanted side effects of Dabigatran (Pradaxa)?

As can happen with all medicines, some patients may experience unwanted effects when taking Dabigatran (Pradaxa). Due to the way it works, most of these unwanted effects are related to bleeding and bruising. The more common side effects of Dabigatran (Pradaxa) are:-

- ◆ Nosebleeds,
- ◆ Bleeding into the stomach or bowel,
- ◆ Stomach ache
- ◆ Frequent loose or liquid bowel movements.
- ◆ Indigestion,
- ◆ Feeling sick.

Very rarely more severe bleeding may occur. A full list of side effects is listed on the leaflet that comes in your box of Dabigatran (Pradaxa). If you notice any of these, or any other unwanted effect, you should talk to your doctor, a nurse or your pharmacist.

When should I seek medical help?

Seek medical help immediately if you experience any of the following:

- ◆ Vomiting blood
- ◆ Blood in your urine (making it red or brown)
- ◆ Blood in your stools (they may look red or black)
- ◆ A nosebleed that lasts for longer than 10 minutes despite applying pressure
- ◆ Excessive tiredness, weakness, dizziness or unexplained swelling.
- ◆ A fall or injury (especially if you hit your head).
- ◆ Excessive bleeding.

What is the dose of Dabigatran (Pradaxa)?

Your Doctor will decide what strength you need but most people need to take two capsules a day. Make sure you know how many capsules you should be taking and how long you need to take it for. If you are unsure, please ask your doctor, nurse or pharmacist.

How do I take Dabigatran (Pradaxa)?

Try and take your Dabigatran (Pradaxa) at about the same time every day. Swallow the Dabigatran (Pradaxa) capsules

whole with some water, or take them with or after food to avoid indigestion. [Never bite or chew the capsules.](#) The Dabigatran (Pradaxa) blister case can help you keep track of how many capsules you have taken and still need to take.

The number of days that you need to take Dabigatran (Pradaxa) will be decided by your doctor. Make sure that you have enough capsules in stock so that there is not a chance of running out of capsules.

You need to keep taking Pradaxa every day for as long as your doctor tells you. This is particularly important to remember when you go home from hospital.

Storing Dabigatran (Pradaxa)

Store your Dabigatran (Pradaxa) at room temperature and always within the foil packaging that they came in.

[Never get your Dabigatran put in Pharmacy blister packs with your other medications.](#)

Only break the foil and remove a capsule when you are ready to take it, so that it is not affected by moisture in the air. The Dabigatran (Pradaxa) blister case can be used to store your medication whilst keeping it inside the foil packaging. It also provides a handy reminder of how many capsules you have taken and how many you still need to take.

How long do I take Dabigatran (Pradaxa) for?

Keep taking your Dabigatran (Pradaxa) exactly as prescribed, unless your doctor tells you to stop. You may need to take Dabigatran (Pradaxa) for the rest of your life, so it is good to get into a routine of taking it at the exact time each day.

What if I miss a dose of Dabigatran (Pradaxa)?

If you forget to take a Dabigatran (Pradaxa) capsule, work out how much time there is until your next dose is due. If it is more than 6 hours until your next Dabigatran (Pradaxa) capsule is due to be taken, take the capsule that you have missed straight away. If your next dose is due to