

### 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 you 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 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 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 or breastfeeding. 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, retest every 3 days until either the period arrives or the test is positive. 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.

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

### Please refer to

<http://www.hpra.ie/homepage/medicines/medicines-information/find-a-medicine/Dabigatran> to get further information on this drug.

**Do not stop taking this medicine unless advised by your doctor**

**Dabigatran PIL Version 3, November, 2019**

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**

Email: [info@thrombosisireland.ie](mailto:info@thrombosisireland.ie)

[www.thrombosisireland.ie](http://www.thrombosisireland.ie)

Phone: 087 363 4828

Mon. – Fri. 9am – 1pm

## WHAT IS DABIGATRAN (PRADAXA)?

Dabigatran (Pradaxa) is an anticoagulant medicine that helps to prevent blood from clotting as quickly as normal. It does this by interfering with a substance called Thrombin which is involved in the development of blood clots.

Dabigatran has been licenced in adults for:-

- ◆ Prevention of blood clots in patients who have knee or hip replacement surgery.
- ◆ Treatment and prevention of deep vein thrombosis (DVT) and pulmonary embolism (PE)
- ◆ Prevention of stroke in patients with non-valvular atrial fibrillation

## 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 and liver function before you start Dabigatran (Pradaxa) and then once a year thereafter or as advised by your doctor/DOAC clinic.

## WHAT ARE THE SIDE EFFECTS OF DABIGATRAN?

Like all medicines, Dabigatran can cause side effects, although not everybody gets them. Like other similar medicines (medicines to reduce blood clotting), Dabigatran may cause bleeding which can potentially be life-threatening. In some cases the bleeding may not be obvious.

If you experience any bleeding event that does not stop by itself or if you experience the following signs of bleeding, consult your doctor immediately.

- ◆ Bloody black or tarry bowel motions
- ◆ Blood in the urine
- ◆ Coughing up or vomiting blood or material that looks like coffee grounds
- ◆ Nose bleeds (that last longer than 10 minutes)
- ◆ Bleeding from your gums
- ◆ Unusual or extensive bruising

When bleeding is not obvious (maybe internal) the signs can be :

- ◆ Exceptional weakness
- ◆ Tiredness
- ◆ Paleness
- ◆ Dizziness
- ◆ Headache
- ◆ Unexplained swelling

## 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 SHOULD 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 no chance of running out of capsules.

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

## NEVER GET YOUR DABIGATRAN PUT IN PHARMACY BLISTER PACKS WITH YOUR OTHER MEDICATIONS.

## WHAT ABOUT TAKING OTHER MEDICINES?

Your medicines will be reviewed before you start Dabigatran and any necessary changes will be made. As other medicines may interact with Dabigatran it is important you check with your pharmacist or doctor before starting any additional medicines or herbal remedies or before stopping any existing ones.

- ◆ Avoid aspirin and aspirin containing medicines unless prescribed by your doctor
- ◆ Avoid non-steroidal anti-inflammatory drugs like ibuprofen (Nurofen) which is available over the counter (OTC) medication
- ◆ Paracetamol and codeine based pain killers are acceptable.
- ◆ It is advisable to purchase all medicines from a pharmacy and inform them you are taking Dabigatran

*Please let other healthcare professionals treating you know that you are taking Dabigatran, this includes anyone who prescribes medication for you. Please inform any healthcare professional who plans to carry out a procedure or surgery for example, your dentist, surgeon, well in advance of the date of procedure/surgery, that you are taking this medication. If you need to have an anaesthetic for a medical procedure or surgery, you may need to stop taking Dabigatran for a short time. The doctor will tell you if you need to stop taking it and when to do so, and when to start taking it again.*