



**STANDARDIZED XARELTO INPATIENT COUNSELING FORMAT
FOR NURSING AND PHARMACY USE ONLY- NOT TO BE GIVEN TO PATIENTS**

1. INDICATION FOR XARELTO

- a. Atrial fibrillation: You have been prescribed Xarelto (rivaroxaban) to prevent strokes. You have a heart rhythm called atrial fibrillation. When your heart is in this rhythm, it doesn't pump blood normally. Instead, the top part of the heart quivers. Since it is not pumping normally, blood tends to get stuck in parts of the heart. Whenever blood sits around, it tends to clot. If a clot formed, there is a chance that it could be pumped into the vessels in your brain, causing a stroke. Xarelto thins the blood, making it less likely to clot and thus reducing your risk of stroke.
- b. DVT/PE Prophylaxis: You have been prescribed Xarelto (rivaroxaban) to prevent a blood clot from forming in your leg/arm/lungs/etc while you are in the hospital, recovering from surgery and/or not as mobile as before.

2. MONITORING

- a. Unlike other blood thinners (like warfarin), Xarelto does not have to be monitored routinely.

3. HOW TO TAKE THE MEDICATION

- a. Take Xarelto once or twice a day according to your prescriber's directions. Once you are discharged, you should take Xarelto daily always with your evening meal. Take the tablet with a full glass of water.
- b. If you forget to take a dose, take it as soon as you remember to take it. If it is close to the time your next dose is due (<6 hours), skip the dose that you missed. Do not double dose.
- c. The tablet may be crushed if necessary.
- d. Do not stop taking Xarelto without talking to your doctor. If you have trouble paying for your medication, talk to your doctor or pharmacist.

4. DIET

- a. Unlike other blood thinners (warfarin), you don't have to make any special changes to your diet.

5. DRUG INTERACTIONS

- a. Over-the-counter medications: before taking any medication, you should ask your pharmacist or physician if it is safe to take it while you're on Xarelto.
 - 1. Avoid taking pain relievers such as aspirin (keep taking aspirin if it was prescribed by your doctor for your heart, etc), Aleve (naproxen), Advil/Motrin (ibuprofen) or Excedrin because they can make you more likely to bleed when you're on Xarelto. You can take Tylenol (acetaminophen) instead but follow the directions on the box to make sure you don't take more than the recommended amount.
 - 2. If you have a stomach ache, avoid taking Pepto Bismol, as it can make you more likely to bleed when you're on Xarelto.
 - 3. If you have heartburn, avoid taking Tagamet or Tagamet HB (cimetidine) because this medication can make you more likely to bleed. You can take Tums, Pepcid (famotidine), Zantac (ranitidine) or Prilosec (omeprazole) instead.
 - 4. Avoid all herbal medications because many of them can interact with Xarelto and make you more likely to bleed.
- b. Prescription medications: Always tell all of your physicians that you are on Xarelto.

6. ADVERSE EVENTS

- a. **Common:** upset stomach, vomiting, nausea, bleeding gums when you brush your teeth or floss, small nose bleeds, menstrual bleeding that is a bit heavier than usual, easy bruising, more bleeding than normal after a small cut.
- b. **Call your physician immediately and/or call 911 if any of the following occur, or if you have any unusual symptom:**
 - 1. If you have signs and symptoms of a **clot**. These can include: severe shortness of breath, coughing up blood, unusual swelling of one leg or arm, one leg or arm that is a different color than the other, pain in one leg or arm, inability to move one or both sides of your body, facial drooping, difficulty speaking, dizziness, blurred vision, or sudden severe headaches.
 - 2. If you have signs and symptoms of **serious bleeding**. These can include: red, dark or coffee colored urine or bowel movements, coughing or vomiting bright red blood, severe headache or stomachache, a cut or nosebleed that will not stop bleeding within 10 minutes or bruising for unknown reasons.
 - 3. Since you have a higher chance to bleed, the following situations put you at risk: a serious fall or hit to the head or a car accident.

7. WAYS TO PROTECT YOURSELF WHILE TAKING XARELTO

- a. Be careful when using knives or scissors
- b. Use an electric razor to shave, as you are less likely to cut yourself
- c. Use a soft toothbrush
- d. Use waxed dental floss
- e. Wear shoes or non-skid socks or slippers in your house to avoid falls
- f. Consider wearing a Medical Alert bracelet or necklace at all times. If you are injured and unable to speak, anyone who finds you and provides you with medical treatment will know that you are taking Xarelto, a blood thinner. You can purchase these bracelets from any pharmacy, or at www.americanmedical-id.com.
- g. Always tell your doctors, dentists, pharmacists and nurses that you are taking the blood thinner Xarelto, especially if you are going to have surgery or an invasive procedure.