

Rivaroxaban (Xarelto) for deep vein thrombosis and pulmonary embolism

Information for children and young people

This leaflet explains why you are being given a medicine called rivaroxaban and how to take it. If you have any questions or you are worried about taking it, please speak to your doctor, nurse or pharmacist, or ask your parents or carer's to talk to them for you.

What is rivaroxaban and what is it used for?

- Rivaroxaban is a type of medicine called an anticoagulant.
- Anticoagulants reduce the risk of blood clots developing and prevent extension of an existing blood clot.

Why am I being given rivaroxaban?

You have been diagnosed with either:

- a blood clot in one of your veins, which doctors call a deep vein thrombosis (DVT)
or
- a blood clot in the blood vessels in your lungs, which doctors call a pulmonary embolism (PE).

Taking rivaroxaban will reduce the chances of further or new clot development.

What are the benefits of taking rivaroxaban?

It cuts your risk of developing deep vein thrombosis or pulmonary embolism again, and the complications associated with either of these conditions.

How do I take rivaroxaban?

It is best to take it at the same time each day. If your doctor has told you to take rivaroxaban:

- once a day – do this about **24 hours** apart
- twice a day – do this about **12 hours** apart
- three times a day – do this about **eight hours** apart.

Your doctor will work out how much rivaroxaban you need to take (the dose), how often you need to take it and how for how long.

Please check with your team if you are unsure.

- Take rivaroxaban when you are having a meal such as breakfast, lunch or dinner.
- You can eat any food and have any drink while taking this medicine.
- You can have rivaroxaban as a liquid or as tablets, depending on which you prefer.
- The dose and frequency of rivaroxaban you will be prescribed, will depend on your weight.

If you are prescribed the rivaroxaban liquid, please refer to the video on the link below, which outlines how best to prepare and take the suspension:

www.medicines.org.uk/emc/product/12108/video

- If you spit out the dose or vomit less than 30 minutes after taking rivaroxaban, take another dose.
- If it is more than 30 minutes after the intake of rivaroxaban, **do not** take a new dose. Continue to take the next rivaroxaban dose at the next scheduled time.
- Contact your doctor if you keep on spitting out the dose or getting sick after taking rivaroxaban.

What if I forget to take rivaroxaban?

It is very important that you take your rivaroxaban as explained to you by your doctor. If you miss doses your blood clot might grow or you might get new clots.

- If you are taking rivaroxaban **once a day**:
 - Take the missed dose as soon as you remember on the same day. If this is not possible, skip this dose. Then take your next dose the day after. Do not take more than one dose a day.
- If you are taking rivaroxaban **twice a day**:
 - Missed morning dose – take the missed dose as soon as you remember. You can take it together with your evening dose.
 - Missed evening dose – take the missed dose in the same evening. Do not take two doses the next morning.
- If you are taking rivaroxaban **three times a day**:
 - Do not make up for the missed dose. Take your next dose at the normal time.

How long do I need to take rivaroxaban?

You usually need to take it for three – six months. The doctor looking after you will decide how long you need to take rivaroxaban.

Who will prescribe the rivaroxaban for me?

The hospital will prescribe the rivaroxaban for you.

What are the risks of taking rivaroxaban?

It can make you feel dizzy or have headaches. This happens to one – ten people in every 100 who take this medicine. If you have either of these symptoms, please tell the team looking after you or ask your parents or carer to let them know. Your medical team may decide to give you a different medicine.

If you feel dizzy or have headaches do **not** drive or use machinery.

Taking this medicine can make you more likely to bleed. Sometimes this bleeding can be serious. This happens to one – three people in every 100 who take rivaroxaban.

If you have bleeding you must see a doctor straight away, especially if any of the following happens:

- you cough up blood
- you get sick and there is blood in your sick
- your poo is black or you can see blood in it
- you have a very bad headache or you feel very dizzy and/or weak and these feelings do not go away
- you fall or you hurt your head or face
- you see blood in your wee
- you get very bad bruises but have not done anything that might have caused them such as knocking into something or falling over
- you keep having nose bleeds
- you have other bleeding that will not stop.

If you are worried about any of these risks, please speak to your doctor, nurse or pharmacist, or ask your parents or carer to speak to them.

Risks if you menstruate or become pregnant

- If you have periods, these may be heavier and longer when you are taking rivaroxaban. If this happens, please let your nurse or doctor know and they will decide on how best to help you manage this.
- If you get pregnant or plan to have a baby, please tell your doctor straight away. We do not know if rivaroxaban is safe to take during pregnancy.

Are there any alternatives?

There are other anticoagulants you may be able to take. Your doctor, nurse or pharmacist will discuss these with you, if appropriate.

Will I need blood tests when I am taking rivaroxaban?

You will need to have a blood test before starting rivaroxaban. Your doctor may decide that you need other specialist blood tests as well.

Can I take other medicines with rivaroxaban?

It is important to let the doctor or pharmacist who prescribes rivaroxaban know all the other medicines you are currently taking. This includes any that have been bought over the counter without a prescription, because these might affect how rivaroxaban works.

If you start a new medicine, please tell the doctor, nurse or pharmacist that you are taking rivaroxaban.

If you are unsure about whether you can take another medicine when you are on rivaroxaban, please ask your doctor, nurse or pharmacist for advice, or ask your parents or carer to speak with them.

While you are taking rivaroxaban please...

- ...be careful when doing things that might cause injuries, cuts or bruising, because you are more likely to bleed when taking this medicine. For example, try to avoid contact sports and other activities where you can get hurt, such as rugby, hockey and horse riding.
- ...tell your doctor or dentist that you are taking rivaroxaban if you have any type of surgery or dental work. This is so they can reduce your risk of bleeding. You may need to stop taking the medicine for a short while

- ...carry an alert card that we will give you with you at all times to make sure people know you are taking an anticoagulant. If you do not have a bag, purse or wallet your parents or carer will carry it for you.
- ...do not share this medicine with anyone else because it could make them ill.

Does rivaroxaban have an expiry date?

Do not use this medicine after the expiry date, which is shown on the carton and on the oral suspension bottle after the letters 'EXP'. The expiry date shows the last day of that month.

How do I store rivaroxaban oral suspension?

- After the liquid medicine has been made up, you can keep it for up to 14 days at room temperature.
- Do not store above 30 °C. Do not freeze. Store the prepared suspension upright.
- Do not put this medicine down the sink or toilet or into household waste. Ask your pharmacist for advice on how to throw away medicines you no longer use.

Who can I contact with queries or concerns?

Please ask your doctor, pharmacist or nurse for more information.

You can also call King's College Hospital anticoagulation clinic:

Tel: **020 3299 5553**

How can I find out more about DVT and PE?

Please ask your doctor, pharmacist, nurse or the anticoagulation clinic for more information.

The Thrombosis UK website also has more information:

www.thrombosisuk.org/

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: kch-tr.pals@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND.

Tel: 01689 863252

Email: kch-tr.palskent@nhs.net

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

www.kch.nhs.uk