

Rivaroxaban (Xarelto) for the treatment of deep vein thrombosis or pulmonary embolism

Information for parents and carers

This leaflet explains why your child has been prescribed rivaroxaban, the benefits and risks of the medicine, and how to give it to them. If you have any queries or concerns, please speak to the doctor, nurse or pharmacist looking after your child.

What is rivaroxaban and what is it used for?

- It 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 has my child been prescribed rivaroxaban?

They have been diagnosed with a blood clot in one of their veins (deep vein thrombosis/DVT) or a blood clot in the blood vessels of their lungs (pulmonary embolism/ PE). Rivaroxaban is used to reduce their chances of developing more or new blood clots.

What are the benefits of taking rivaroxaban?

It cuts your child's risk of developing DVT or PE again and the complications associated with either of these conditions.

How do I give rivaroxaban?

It is best for your child to have the medicine at the same time each day. If the doctor has advised you to give the 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.

The doctor looking after your child will decide on how much they need to take (the dose), how often and for how long. The dose and how often they need to take this medicine depends on their weight. If you are unsure, please check with your child's team.

- Rivaroxaban is best given to your child with a feed or a meal.
- Your child can eat any food and have any drink while they are taking this medicine.
- After each dose, give your child one typical serving of liquid. This can include liquid you use for feeding. For example:
 - For an infant of six months, this is up to 20ml – about one tablespoon.
 - For an older child (over 10 years of age), give them 240ml – about one small glass.
- Your child can take rivaroxaban as a liquid (oral suspension) or as tablets. We will prescribe them what is most appropriate.
- They can be given the oral suspension through a tube into their nose (nasogastric) or into their tummy (gastric).
- If your child is prescribed the oral suspension, please watch to the video at the link below. It shows how to prepare and give the dose to your child:
<https://www.medicines.org.uk/emc/product/12108/video>
- If your child spits out the dose or vomits less than 30 minutes after you have given them the rivaroxaban, give them another dose.
- If they vomit more than 30 minutes after you have given them the medicine, **do not** give them a new dose. Give them their next dose at the next scheduled time.
- Contact the doctor if they keep spitting up the dose or they vomit after you have given them the rivaroxaban.

What if I forget to give the rivaroxaban?

It is very important that you give your child the rivaroxaban as advised by their doctor. If they miss doses, their blood clot might grow or they may get new clots.

- If your child has rivaroxaban **once a day**
 - Give them the missed dose as soon as you remember on the same day. If this is not possible, skip this dose. Then give them the next dose the day after. Do not give them more than one dose a day.
- If your child has rivaroxaban **twice a day**:
 - Missed morning dose – give them the missed dose as soon as you remember. It is OK to give your child the missed morning dose together with the evening dose.
 - Missed evening dose – give them the missed dose in the same evening.
Do not give two doses the next morning.
- If your child has rivaroxaban **three times a day**:
 - Do not make up for the missed dose. Give them their next dose at the scheduled time.

How long do they need to take rivaroxaban?

Most patients need to take rivaroxaban for three – six months. The doctor looking after your child will decide how long they need to take rivaroxaban.

Who will prescribe the rivaroxaban for my child?

The hospital will prescribe the rivaroxaban for your child.

What are the risks of taking rivaroxaban?

It causes side effects such as dizziness and headaches in one – ten people in every 100 taking it. If your child has either of these symptoms, please tell the team looking after them. They may prescribe your child a different anticoagulant.

Your child will be at greater risk of bleeding. This is a possible side effect of taking any anticoagulant and it can sometimes be serious. Serious bleeding affects one – three people in every 100.

Seek medical help straight away if your child has bleeding, especially if they have any of the following symptoms:

- coughing or vomiting blood
- black stools (poo) or blood in their stools
- severe, persistent headache, dizziness or weakness
- a fall or injury to their head or face
- blood in their urine (pee)
- unexplained or severe bruising
- persistent nose bleeds
- other unexpected or uncontrollable bleeding.

If you have any concerns about these risks, you can discuss them in more detail with your child's doctor, nurse or pharmacist.

Risks if your child menstruates

- Some children have heavier and longer periods when taking rivaroxaban. If this happens to your child, let your nurse or doctor know and they will decide on how best to help your child manage this.
- We do not know if rivaroxaban is safe during pregnancy. If your child gets pregnant or plans to have a baby, please tell the doctor looking after them straight away.

Are there any alternatives?

Your child may be able to take a different anticoagulant medicine. Your doctor, nurse or pharmacist will discuss these with you, if appropriate.

Will my child need blood tests when taking rivaroxaban?

They will need to have a blood test before starting rivaroxaban. Their doctor may decide they need have other specialist blood tests as well.

Can they take other medicines with rivaroxaban?

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

If your child starts a new medicine, please tell the doctor that they are taking rivaroxaban.

If you are unsure about whether your child can take another medicine with rivaroxaban, please ask your doctor, nurse or pharmacist for advice.

What else do I need to know when giving my child rivaroxaban?

- They have a greater risk of bleeding. Please take this into account before you allow them to take part in contact sports and other activities that might cause injuries, cuts or bruising such as such as rugby, hockey and horse riding.
- Please tell their doctor or dentist that your child is taking rivaroxaban if they have any type of surgery or dental work. This is so they can reduce your child's risk of bleeding. They may need to stop taking the medicine for a short while.
- We will give you an alert card for your child to ensure people know they are taking an anticoagulant. Please take this to all appointments you have with any doctors, nurses, dentists or pharmacists looking after your child.

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?

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

Who can I contact with queries and 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 you find out more about DVT and PE?

Please ask your child's 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