



# Your guide to transitioning from warfarin to Xarelto (rivaroxaban)

**This booklet is intended for adult patients being treated for non-valvular atrial fibrillation**

If you have any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

**If You Want to Report a Quality Complaint**

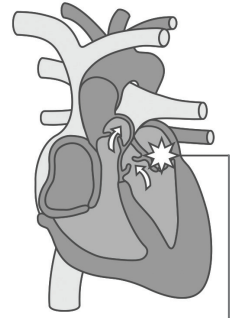
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**Please always refer to the Xarelto Patient Information Leaflet provided with your medication.**



### Your new anticoagulation medication

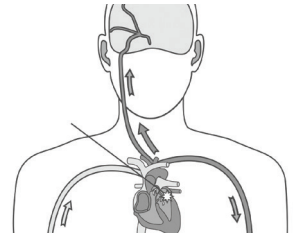
- Your doctor has, in discussion with you, decided that you may be better off transitioning to an alternative treatment called Xarelto (the other name for it is rivaroxaban).
- Like your warfarin treatment, Xarelto is an anticoagulant which will help prevent your blood forming clots. When the blood forms clots, there is a risk that one of them may form in your heart and go into the brain and cause a stroke or a transient ischaemic attack (TIA).
- **This is why it is very important that you take Xarelto every day as advised by your doctor.**



*Blood clot forms in the heart*

### What will I notice that is different from taking warfarin?

- No frequent blood test monitoring is required when taking Xarelto. This is because the levels of Xarelto remain steady in the body.
- However, it is important that you continue with regular follow-ups with your doctor or nurse to assess and manage your condition and review your treatment with Xarelto. This is likely to be every 3-6 months depending on your particular situation.
- You need to take Xarelto with food, but there are no food restrictions. Unlike warfarin, certain foods do not need to be avoided.



*A stroke is caused when a blood clot travels and becomes lodged in the brain, blocking part of the blood supply*

### Stroke Prevention and Atrial Fibrillation (SPAF)

- You have been prescribed Xarelto because you have a form of irregular heart rhythm called non-valvular atrial fibrillation. Xarelto can help prevent blood clots forming and traveling to your brain and other blood vessels in your body. Clots that travel to the brain may cause a disabling stroke.
- This is why it is very important that you take Xarelto every day as advised by your doctor.

### How do I take Xarelto?

- The recommended dose is one 20 mg tablet of Xarelto once a day.
- If you have kidney problems your doctor may decide to reduce the dose of Xarelto to one 15 mg tablet once a day.



- Xarelto must be taken with food – taking it with breakfast or an evening meal can help you remember to take Xarelto every day.
- Swallow the tablet preferably with water:
  - If you have difficulty swallowing the tablet whole, talk to your doctor about other ways to take Xarelto.
  - The tablet may be crushed and mixed with water or apple puree immediately before you take it.
  - This mixture should be immediately followed by food. If necessary, your doctor may also give you the crushed Xarelto tablet through a stomach tube.

### What side effects may I experience?

- Like all medicines, Xarelto can cause side effects, although not everybody gets them. Xarelto may cause bleeding which may potentially be life threatening. Excessive bleeding may lead to a sudden drop in blood pressure (shock).<sup>1</sup>

### What should I do if I experience bleeding?

- If you have any symptoms of bleeding, tell your doctor or seek urgent medical advice so you can be monitored and have your treatment assessed.
- Possible signs of bleeding include:<sup>1</sup>
  - long or excessive bleeding.
  - exceptional weakness, tiredness, paleness, dizziness, headache, unexplained swelling, breathlessness, chest pain or angina pectoris.

**For a full list of possible side effects, please refer to the Patient Information Leaflet provided inside your Xarelto tablet box. If you think you are experiencing side effects from Xarelto at any time, contact your doctor or pharmacist for advice.**

## FAQs

### What should I do if I miss a dose of Xarelto?

- If you miss a dose of Xarelto, take your usual dose (either one 15 mg or one 20 mg tablet) immediately, and then continue with your next tablet the following day as normal.
- **The dose should not be doubled within the same day to make up for a missed dose.**

### What should I do if I take too much Xarelto?

- If you have taken too many Xarelto tablets, contact your doctor immediately as taking too many may increase your risk of bleeding.

### Can I stop taking Xarelto?

- Do not stop taking Xarelto without talking to your doctor first, because Xarelto treats and prevents serious conditions.
- If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### Can I drink alcohol whilst taking Xarelto?

- Xarelto does not interact with alcohol. However, you should always drink in moderation and stay within the recommended guidelines.

### Can I take other medications with Xarelto?

- Tell your doctor if you are taking or planning to take other medications, even medicines obtained without a prescription (e.g. herbal remedies, vitamins, over-the-counter medicines). These can affect how Xarelto works.

### Patient alert card

You will need to fill in all of your details on the **Patient Alert Card** supplied with your tablets, and then put the card in your wallet/purse. In the unlikely event of an emergency, a doctor treating you will need to be made aware of the existing medications you are on so that you can be cared for appropriately. In addition, please show your card in advance of any dental treatment/operations.

**Patient information is available in different languages online. For further information about Xarelto, please visit: [www.af-patient-info.co.uk](http://www.af-patient-info.co.uk)**

References:

1. Xarelto patient information leaflet

### For further support

#### Arrhythmia Alliance (AA)

Tel: 01789 867 501

Email: [info@heartrhythmalliance.org](mailto:info@heartrhythmalliance.org)

Website: [www.heartrhythmalliance.org](http://www.heartrhythmalliance.org)

#### The Stroke Association

Tel: 0303 303 3100

Email: [helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

#### Atrial Fibrillation Association (AFA)

Tel: 01789 867 502

Email: [info@afa.org.uk](mailto:info@afa.org.uk)

Website: [www.heartrhythmalliance.org/afa/uk](http://www.heartrhythmalliance.org/afa/uk)

#### British Heart Foundation (BHF)

Tel: 0300 330 3311

Website: [www.bhf.org.uk](http://www.bhf.org.uk)

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