

# Your guide to preventing **Venous Thromboembolism (VTE)** in adult patients undergoing elective hip or knee replacement surgery



If you get 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 [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) 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**

Please report any quality complaints to Bayer Plc Email: [qualitycomplaints@bayer.com](mailto:qualitycomplaints@bayer.com)

This patient booklet was developed and fully funded by Bayer, and is intended only for adult patients who have been prescribed Xarelto.



# Starting your treatment journey with Xarelto (rivaroxaban)

This guide does not replace the advice from a healthcare professional. For further questions regarding your treatment or your condition, you should contact your doctor, pharmacist or nurse.

Please also read the patient leaflet that comes with your medicine.

You are undergoing elective hip or knee replacement surgery and have been prescribed Xarelto for venous thromboembolism (VTE) prevention.

We understand that you may have many questions about this. This leaflet is designed to help you on that journey, and to give you the answers to the questions:

- What is a VTE?
- What are the causes & symptoms of a VTE?
- What is Xarelto and how does it work?
- How to take Xarelto – dosage & when to take it?



## Xarelto top tips

- Take Xarelto at the same time everyday, so that you build it into your daily routine
- Always carry your **Patient Alert Card** in case of an emergency

The usual dose for Xarelto after hip or knee replacement surgery is one **10mg tablet once a day**.

- The initial duration of treatment can vary from 2-5 weeks which will be decided upon by your doctor and may be extended if required



**Xarelto is used to treat different patients for different reasons. Another person prescribed Xarelto may take a different dose from you. Always take Xarelto exactly as your doctor has told you and check with your doctor or pharmacist if you are unsure.**



## What is VTE?

VTE is the umbrella term for deep vein thrombosis (DVT) and pulmonary embolism (PE).

A DVT is a blood clot that forms in the veins deep in your leg, usually in the calf or thigh, but can sometimes occur in other veins in your body. The blood clot blocks the flow of blood in the affected vein, either partially or completely.

Sometimes, part of the clot can break off and travel through the body until it eventually becomes lodged within the lung in the smaller vessels – this is known as a PE. This is a serious condition which requires immediate treatment.

Clots can occur at any time, even before leaving the hospital. Early mobility is essential in helping to avoid clotting.

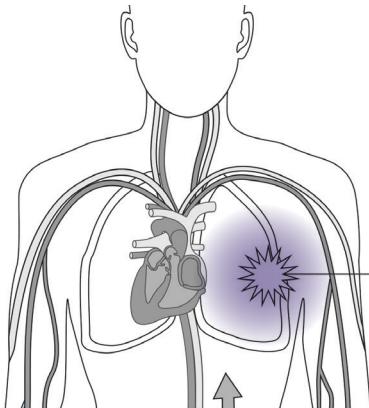


**Hospital acquired VTE is a major health risk. It has been estimated that more than 25,000 preventable deaths are associated with hospital acquired VTE each year in England.<sup>1</sup>**

# Why does blood clot?



*A DVT is a blood clot that forms in the veins deep in your leg, usually in the calf or thigh*



*A clot which has travelled up from the leg to lodge within the lung is known as a PE*

Blood clots occur as a vital protection system in our body. When we injure or cut ourselves, a clot is formed outside of our veins to seal the injury and protect us from the loss of blood. This is a natural process, however, there are times when blood clots form inside our veins, causing a DVT.

After an operation, clots may form around the injury site, or in the legs due to inactivity.

# What are the symptoms of VTE?

Some people with a DVT may have no symptoms, but common symptoms of a DVT are:

- tenderness in the leg/calf
- redness
- swelling and a feeling of tightness, the skin may feel stretched
- pain

Some people may only realise they have a DVT when a PE develops as a result of the clot travelling to the lungs. Symptoms of a PE include:

- chest pain that is sharp and is worse when taking a deep breath
- shortness of breath
- coughing – which is usually dry, but may include coughing up blood or mucus that contains blood
- sweating
- feeling light-headed or dizzy
- passing out



**PE can be life threatening, so if you are concerned seek the advice of a doctor or go to the nearest A&E department**

# Can VTE be prevented?



## MOVE

It is important to listen to the medical team looking after you once you've had an operation and move around when you are asked to.

## EXERCISE

If you can't get around easily after the operation you may be asked to do leg exercises. You may also be offered elastic compression stockings or a mechanical foot pump in order to help blood flow in your legs.

## HYDRATE

Make sure you drink plenty of fluids if you are able to and if you experience any leg or chest symptoms, tell your doctor or a nurse immediately.



Please **do not** stop taking your medication without consultation with your doctor

## Why have I been prescribed Xarelto?

You have been prescribed Xarelto for VTE prevention because you have recently undergone hip or knee replacement surgery.

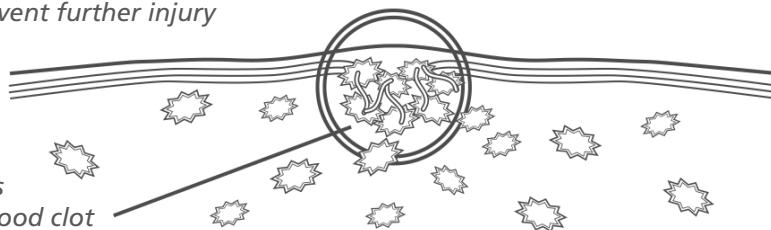


**After surgery, you are at an increased risk of developing blood clots in your veins. Xarelto can help reduce the chances of these blood clots forming.**

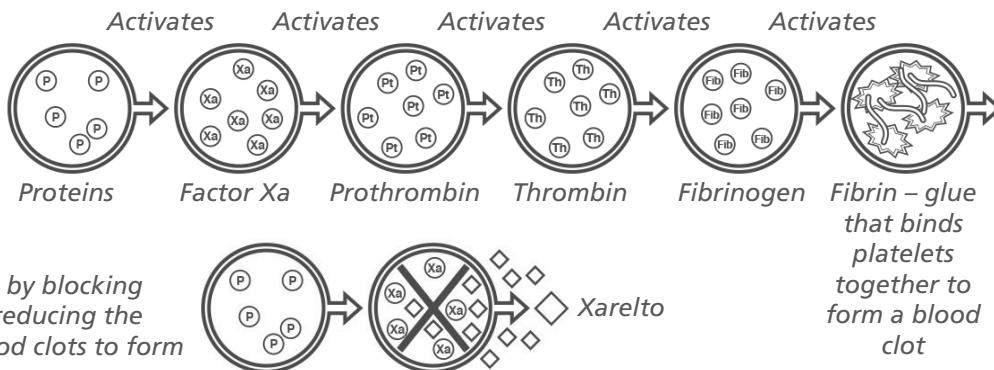
# What is Xarelto and how does it work?

Xarelto is an anticoagulant, which is a type of medication that slows down your body's ability to clot, therefore reducing the likelihood of dangerous blood clots forming.

*When the lining of the blood vessel becomes damaged, platelets are activated at the site to help prevent further injury*

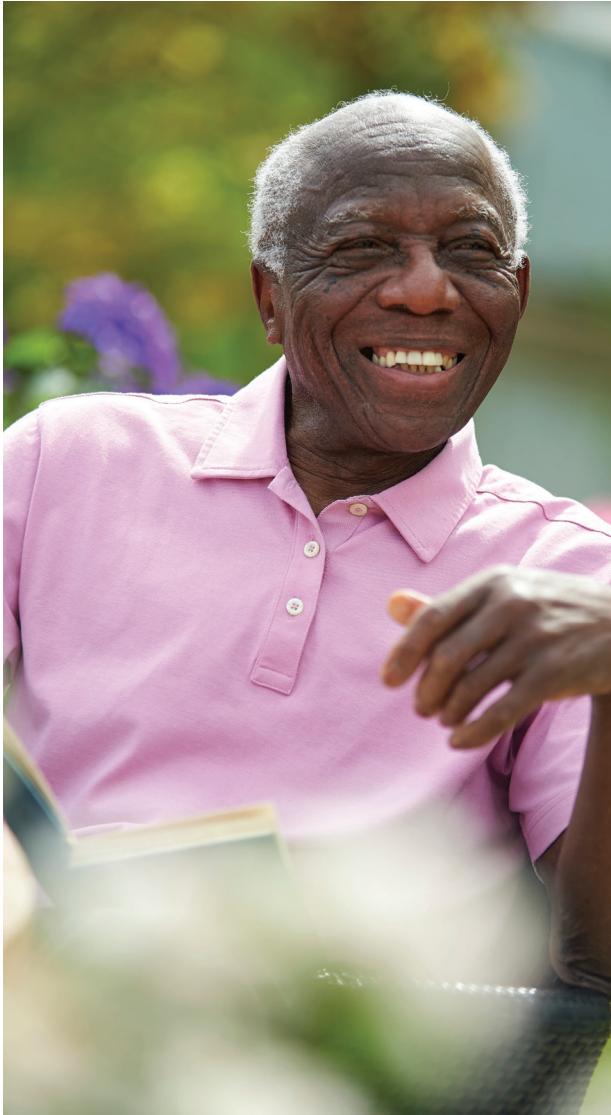


*The clotting cascade is activated to form a blood clot*



*Xarelto works by blocking Factor Xa, so reducing the ability for blood clots to form*

## How do I take Xarelto?



- Xarelto is taken by **mouth** (orally), and the tablet should be swallowed whole, preferably with water. The usual treatment for the prevention of VTE in adult patients is one **10mg tablet once a day**.
- If you have difficulty swallowing tablets whole, talk to your doctor about other ways to take Xarelto, the tablet may be crushed and mixed with water or apple purée immediately before use. The dose should be immediately followed by food.
- If you have had a hip operation, the usual treatment duration is **5 weeks**.
- If you have had a knee operation, the usual treatment duration is **2 weeks**.

## Common questions

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

If you are taking one 10mg tablet once a day and have missed a dose, take it as soon as you remember. **Do not take more than one tablet in a single day to make up for a forgotten dose.** On the following day, you should carry on taking one tablet once a day.

### **What do 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.

### **How long will I be treated with Xarelto?**

Length of treatment with Xarelto is based on an individual assessment of your risk factors and the benefits of long term preventative treatment. Your doctor will discuss this with you and together agree the most appropriate length of treatment.

## Common questions

### **What are the most common side effects of Xarelto?**

Like all medicines, Xarelto can cause side effects, although not everybody may experience them.

Like other similar medicines (antithrombotic agents), Xarelto may cause bleeding which may potentially be life threatening. Excessive bleeding may lead to a sudden drop in blood pressure (shock). In some cases the bleeding may not be obvious.

### **Symptoms of bleeding include:<sup>2</sup>**

- *long or excessive bleeding*
- *exceptional weakness, tiredness, paleness, dizziness, headache*
- *unexplained swelling, breathlessness, chest pain or angina pectoris (chest pain or discomfort that keeps coming back).*



**If you have any symptoms of bleeding, tell your doctor or seek medical advice so you can be monitored and have your treatment assessed.**

**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.**



## Common questions

### **Will I be monitored during treatment with Xarelto?**

No blood test monitoring coagulation is required when treated with Xarelto. However, it is important that you attend regular follow-up visits with your doctor to assess and manage your condition and monitor your treatment with Xarelto.

### **Can I take other medications with Xarelto?**

Tell your doctor if you are also taking other medications, even medicines obtained without a prescription (e.g. herbal remedies, vitamins, over-the-counter medicines).

### **Will I bleed more if I have a cut whilst taking Xarelto?**

As Xarelto slows down your body's ability to clot, bleeding is a common side effect. However, if you experience long or excessive bleeding, tell your doctor immediately.

### **Do I need to avoid certain types of food when using Xarelto?**

No. Xarelto has no known food interactions.

### **What happens if I need to have dental treatment or an operation whilst I am taking Xarelto?**

As Xarelto may increase your risk of bleeding it is important that you tell your dentist or doctor that you are taking Xarelto before any dental treatment or operations. A **Patient Alert Card** should be provided to you along with this leaflet which you should carry with you at all times and show in advance of any dental treatments/operations to ensure you are treated appropriately.

### **Can I drink alcohol whilst taking Xarelto?**

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

### **Can I take Xarelto if I am intolerant to some sugars?**

Xarelto contains lactose and you should speak to your doctor if you have a known intolerance to some sugars before taking it.

## Common questions

### **Can I drive or operate machinery whilst taking Xarelto?**

Xarelto may cause fainting or dizziness. If you experience these symptoms you should not drive or use machinery.

### **Can I take Xarelto if I am pregnant or breastfeeding?**

It is important that you discuss this with your doctor as you must not take Xarelto if you are pregnant or breastfeeding. If there is a chance that you could become pregnant, it is essential that you use a reliable contraceptive while you are taking Xarelto. If you become pregnant while you are using Xarelto, inform your doctor immediately, who will discuss your treatment options moving forwards.



### **When should I not take Xarelto?**

You must not take Xarelto:

- if you are allergic (hypersensitive) to Xarelto or any of the other ingredients of Xarelto
- if you are bleeding excessively or are at risk of major bleeding
- if you have a liver disease which leads to an increased risk of bleeding
- if you have a disease or condition in an organ of the body that increases the risk of serious bleeding (e.g. stomach ulcer, injury or bleeding in the brain, recent surgery of the brain or eyes)
- if you are taking any other anticoagulant medicine to prevent blood clotting
- if you are pregnant or breastfeeding

Speak to your doctor if any of these apply to you.

### **How should I store Xarelto?**

Xarelto does not have any special storage conditions, however, keep it out of the reach and sight of children and do not use Xarelto after the expiry date (which is provided on the pack).

**If you still have questions surrounding the use of Xarelto please ask your doctor or pharmacist who will be able to answer these and provide you with more information as appropriate.**

**For a full list of possible side effects please see the Patient Information Leaflet inside your Xarelto tablet box.**



**Please remember to take Xarelto every day.**

**For further information please read the Patient Information Leaflet  
inside your Xarelto tablet box or visit [www.xarelto.co.uk](http://www.xarelto.co.uk)**



## Carry your Xarelto **Patient Alert Card** at all times

Along with this booklet, you should have received a Patient Alert Card. If you have not, then please speak to your doctor or pharmacist to request one.

You will need to fill in all of your details on the **Patient Alert Card**, and then put it 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.

# Personal information

**Emergency contact:** \_\_\_\_\_

**Name of consultant / hospital:** \_\_\_\_\_

**GP name and address:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**List of your current medication:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Useful contacts



### **Thrombosis UK**

Email: [admin@thrombosisuk.org](mailto:admin@thrombosisuk.org)

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

### **The Circulation Foundation**

Tel: 020 7205 7151

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

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

Please note, these are independent organisations and Bayer plc is not responsible for their content.





# You are at the heart of everything we do...



---

## References:

1. House of Commons Health Committee. The Prevention of Venous Thromboembolism in Hospitalised Patients, Second Report of Session 2004-05. Available at <http://www.publications.parliament.uk/pa/cm200405/cmselect/cmhealth/99/99.pdf> Last Accessed January 2023
2. Xarelto Patient Information Leaflet. Available at (eMC) <https://www.medicines.org.uk/emc/files/pil.6402.pdf>

If you get 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 [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) 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

Please report any quality complaints to Bayer Plc Email: [qualitycomplaints@bayer.com](mailto:qualitycomplaints@bayer.com)



This patient booklet was developed and funded by Bayer, and is intended only for adult patients who have been prescribed Xarelto.