

# Apixaban



## ANTICOAGULATION MANAGEMENT SERVICE

### PATIENT AND FAMILY EDUCATION

1

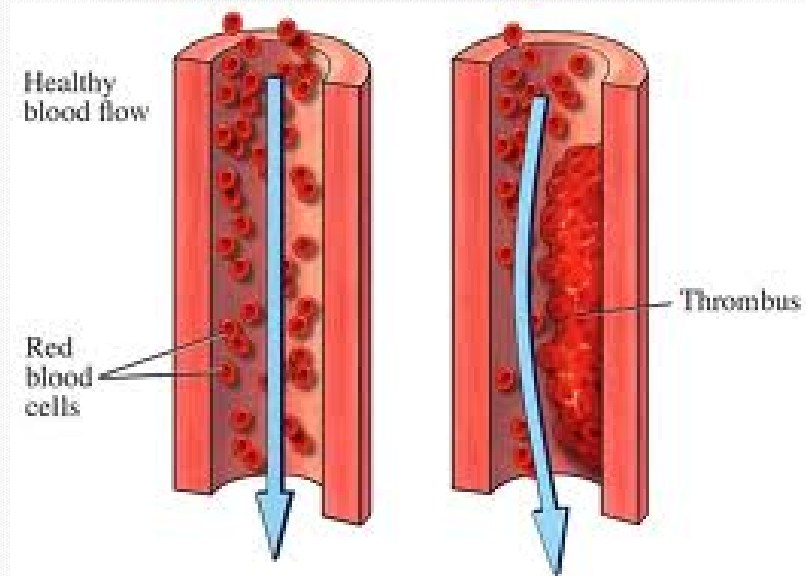


MASSACHUSETTS  
GENERAL HOSPITAL

# WHAT DOES APIXABAN (ELIQUIS®) DO?

- “blood thinner”
- Prevents or treats blood clots

This is how a blood clot might look inside a blood vessel



Thrombus = Blood Clot

# TOPICS WE WILL REVIEW

- Reason you need
- Dose information
- Blood Thinner Safety
- Side Effects
- Refills

Information we discuss is reviewed for you in this handout. Please read when you get home. Call your nurse with questions

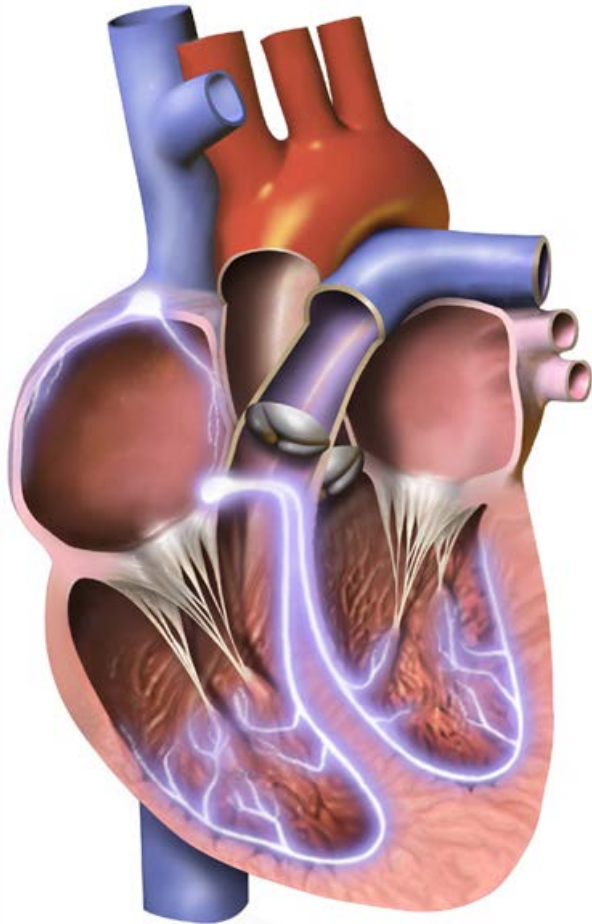


MASSACHUSETTS  
GENERAL HOSPITAL



Anticoagulation Management Service  
Patient & Family Instructions

# REASONS WHY PEOPLE TAKE APIXABAN (ELIQUIS®):

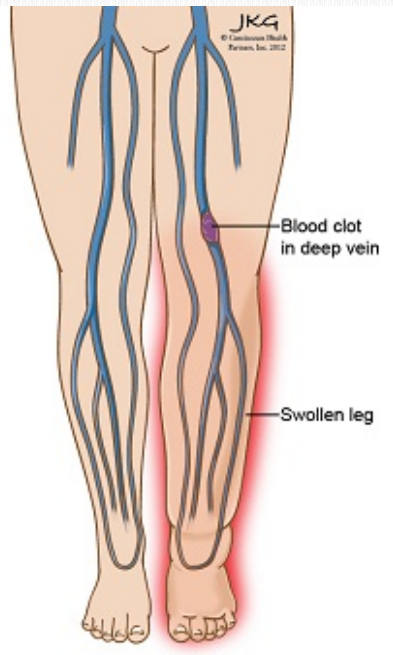


• Afib (atrial fibrillation)  
without heart valve  
disease or replacements



# OTHER REASONS WHY PEOPLE TAKE APIXABAN (ELIQUIS®):

- Legs
- Lungs
- Arms



- Treat blood clots in the leg (deep vein thrombosis –**DVT**) or in the lung (pulmonary embolus-**PE**)
- Prevent blood clots from happening again
- Prevent blood clots after Hip or Knee replacement surgery

The location of the blood clot gives clues to symptoms.

**A** → Anticoagulation

**M** → Management

**S** → Service

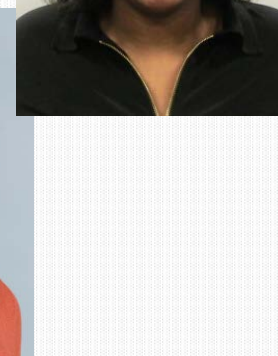
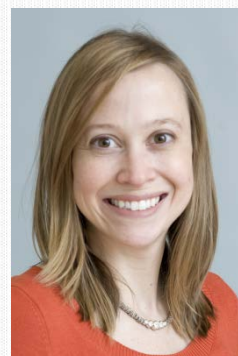
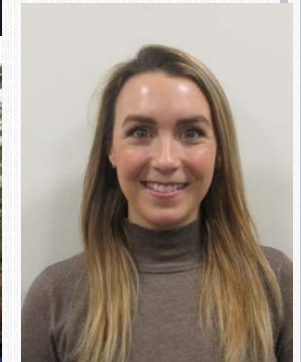
Every patient has a primary nurse – your  
**AMS nurse** is your ‘**anticoagulation  
manager**’

### **AMS Office Hours**

- Monday – Friday: AMS nurse phone lines answered 8 am – 4 pm
- Weekends & Holidays: An AMS nurse available for emergencies only



# The AMS Team



# KNOW YOUR APIXABAN (ELIQUIS®) DOSE

## Afib

- **5mg twice daily**
- **2.5 mg twice daily** with 2 of the following:
  - older than 79
  - weigh less than 61 kg (134 lbs)
  - Creatinine greater than 1.4 (blood test for kidney function)

## DVT or PE

- **10mg twice daily for 7 days, then 5mg twice daily for 6 months**

## Long Term DVT/PE Risk Reduction

- **2.5 mg twice daily** after at least 6 month Anticoag therapy

## DVT Prophylaxis after Knee or Hip Surgery

- **2.5 mg twice daily**
  - Hip replacement – 35 days
  - Knee replacement – 12 days



# WHAT IS YOUR PILL COLOR AND MILLIGRAM (MG) STRENGTH?



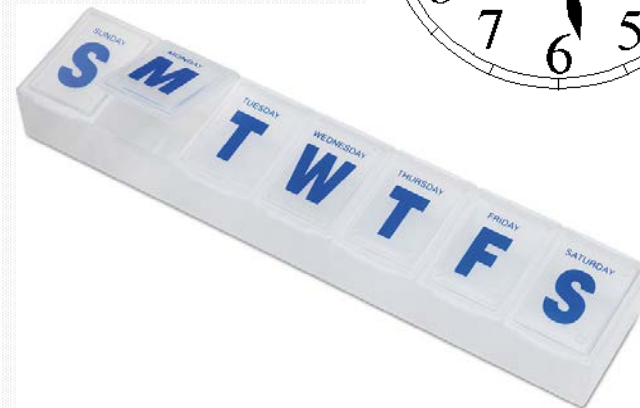
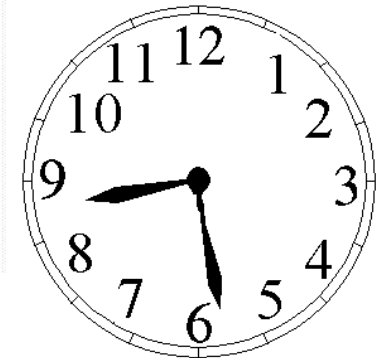
- Take with or without food
- Can crush tablets and place in water or applesauce (use within 4 hours)

# WHAT IF YOU MISS A DOSE?

- Take your regular dose as soon as possible
- **Never** double your dose
- **Call your AMS nurse about missed doses**
- **DO NOT stop taking this medicine without first speaking to your AMS nurse or prescribing physician**
- Missing doses increases the risk of having a blood clot

## Helpful Hints:

- Take at same time(s) every day
- Use pill box



# IT IS IMPORTANT WE KEEP IN TOUCH

- Periodically, your AMS nurse will phone you to assess how well you take your pills and general health status
- Please return messages left on your answering machine promptly to your nurse



# AMS WILL MONITOR YOUR KIDNEY FUNCTION AND BLOOD COUNT FROM TIME TO TIME WITH BLOOD TESTS

- AMS will provide a lab order at MGH/Partners Hospitals or at a local lab close to home
- Let your AMS nurse know if you've been told your kidney or liver function changes

# ALL HEALTHCARE PROVIDERS NEED TO KNOW YOU TAKE THIS MEDICINE

Your providers needs to know:

- 1) Why you take this
- 2) Dose and number of times you take each day

Some medicines interact with this and should not be taken. Discuss ALL medicine changes with your anticoagulation nurse.

Share this information for:

- ✓ Hospitalizations
- ✓ Doctor visits and questions about your medication list

# BE AWARE OF FACTORS THAT CAN INCREASE YOUR BLEEDING RISK

## Medications

- Some prescription drugs
- over-the-counter drugs
  - Aspirin
  - Anti-inflammatory medications (NSAIDs) like Motrin, Advil



# HOW TO GET REFILLS

- Do NOT run out of pills!
- Get refills on time!
- Request refill when you have a 2 week pill supply remaining, call the doctor who prescribes this medicine for you
- Do NOT stop taking this medicine without talking to your doctor first
- Your AMS nurse can help with a refill request during business hours if no pills left

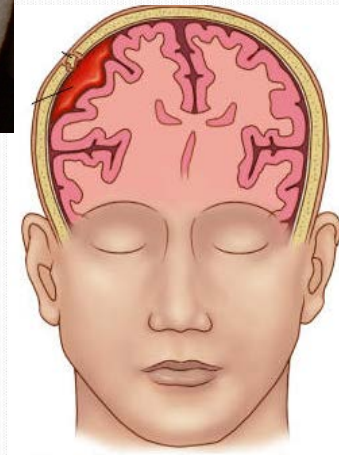


# BLEEDING IS A POSSIBLE SIDE EFFECT

Minor



Requires medical attention





# WHEN TO CALL 911 ---DANGER SIGNS---



- Chest pain, discomfort in arms, back, neck, or jaw
- Trouble breathing
- Severe headache, confusion or numbness
- Sudden vision changes
- Stroke signs:



© 2013 American Stroke Association

- Fall or injury to your head
- Throwing up blood (might be bright red or looks like coffee grounds)
- Bleeding you cannot stop

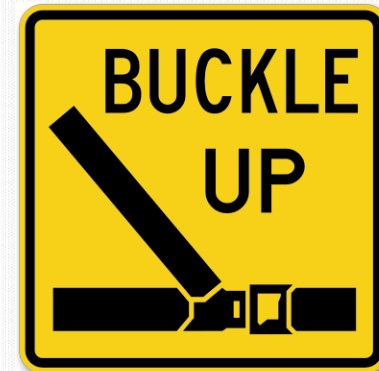
# SAFETY TIPS

## ○ Avoid injury

- Carry anticoagulant wallet card
- Wear proper safety gear

I AM TAKING AN ANTICOAGULANT	
Name:	_____
DOB:	_____
Emergency Contact:	_____
Phone:	_____
Care Provider:	_____
Phone:	_____

→ ANTICOAGULANT ALERT →



# PREVENT FALLS



- Remove hazards
  - Clear clutter from stairs
  - Remove scatter rugs
- Use safety devices
  - Walkers, canes, stair rails
- Improve lighting
  - Night lights

# YOU MAY NEED TO BRIEFLY STOP THIS MEDICINE FOR A DAY OR TWO BEFORE CERTAIN PROCEDURES

- The doctor who prescribes this medicine should be the one to provide instructions. Your AMS nurse can help with these plans.
- Call your **AMS nurse** about:
  - Colonoscopy
  - Dental surgery
  - Heart procedures
  - Steroid injection
  - Surgery

# TIPS FOR TRAVELING

- Tell your **AMS nurse** dates you plan to be away for periods greater than 3 months
- Carry medicines with you
- Do **NOT** place medicines in checked luggage

Call your **AMS nurse** if your telephone or address change



# PREGNANCY / BREASTFEEDING

- If pregnant or plan to breastfeed, you should **NOT** take this medication
- Use appropriate form of birth control
- Talk with your doctor to make plans for pregnancy or breastfeeding



## LET'S REVIEW:

- Why are you taking **apixaban (Eliquis®)** ?
- What is the strength and color of your **apixaban (Eliquis®)** pill?
- Describe your dose
- Describe the importance of taking exactly as instructed
- Who refills your prescription?
- What symptoms require medical attention?

*Call your AMS nurse with ANY questions about your blood thinner safety*





## Anticoagulation Management Service

Massachusetts General Hospital  
275 Cambridge Street • Boston, MA 02114

### AMS Patient Agreement

First Name:

Primary Nurse:

Last Name:

MRN:

Anticoagulation therapy [using oral blood thinning drugs such as: warfarin (Coumadin®), apixaban (Eliquis®), dabigatran (Pradaxa®), or rivaroxaban (Xarelto®)] has certain risks. Being involved with your medical care, obtaining educational information, following instructions and asking questions are ways to help you be successful when taking blood thinning drugs. Safe management will help lower the risks of bleeding or clotting.

The choice of which blood thinning drug is best for you is a decision made by your doctor and you. There are important differences with each blood thinner. The Anticoagulation Management Service (AMS) can help you by providing education and monitoring progress.

As a patient in AMS, you are responsible to:

- Take your blood thinning drug exactly as instructed at the same time each day. If you are not absolutely certain of the dosage to take, call your nurse for clarification. **DO NOT stop taking** without talking to your doctor or AMS first.
- Notify the clinic as soon as possible if you forget to take your blood thinning drug. **DO NOT take** another tablet to “catch up”. If you miss only 1 day, resume your regular dose the next day and inform AMS.
- Maintain good communication with AMS. This includes having a working phone number for the AMS to reach you. I give permission for the AMS staff to leave pertinent information on an answering machine if necessary.
- Notify the AMS if you are seen in an urgent care center or emergency room. Tell any health care provider that is

# AMS wants you to be actively involved with your care

- Dose is based on pill size and color; confirm pill size is the same with all new warfarin (Coumadin®) prescriptions.
- Report changes in eating habits (including nutrition supplements), especially foods high in vitamin K. Your vitamin K intake must remain consistent.
- Report changes in activity level including new exercise programs.

**I have read this document and understand the information. I agree to this contract agreement and will**



# THE APIXABAN, RIVAROXABAN AND DABIGATRAN PATIENT AND FAMILY EDUCATION PROGRAMS CREATED BY:

Lynn Oertel, MS, NP-BC, CACP

25

## ANTICOAGULATION MANAGEMENT SERVICE

Massachusetts General Hospital

Professional Office Building – Suite 101

275 Cambridge Street

Boston, MA 02114

617-726-2768

[mghams@partners.org](mailto:mghams@partners.org)

Version: June 2018