

## What happens if I forget to take a dose?

If you remember within 12 hours of your dose being due then take your dose as usual. Do not take the dose if it has been more than 12 hours, and take your next dose at the normal time. Do not take two doses at once to make up for a missed dose.

## Is it ok to have anticoagulation during pregnancy and while breastfeeding?

If you are planning to become pregnant while you are taking an anticoagulant, you should discuss this with your doctor. Some anticoagulation is not safe during pregnancy or breastfeeding but this can be switched to a safe alternative with the GP monitoring.

## Additional information

Your doctor, nurses and pharmacist will be able to provide more information if needed on discharge. Alternatively, please contact our dedicated patient helpline for advice:

- **Dedicated Patient Helpline - Telephone 01438 286150**  
Monday to Friday, 2pm - 4pm  
or email: [medinfo.enhtr@nhs.net](mailto:medinfo.enhtr@nhs.net)  
(for a response by next working day)

## Further reading

NHS website - [www.nhs.uk/conditions/anticoagulants/](http://www.nhs.uk/conditions/anticoagulants/)

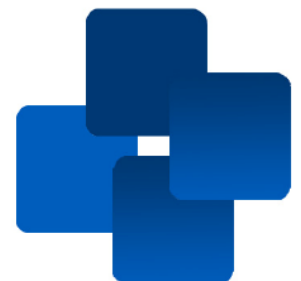
[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.

# Patient Information

## Prevention of Venous Thromboembolism (VTE) in COVID-19

Pharmacy Department



## What is the purpose of this leaflet?

We believe patients who have had COVID-19 are at a higher risk of getting a blood clot. This could lead to serious problems, such as a stroke, a clot in your leg (deep vein thrombosis [DVT]) or a clot in your lungs (pulmonary embolism [PE]). The purpose of this leaflet is to give you more information about the medication you have been prescribed to prevent this from happening.

## What have I been prescribed?

You have been given medication to take home that will prevent blood clots from developing. This class of drugs is called **anticoagulants**, sometimes called “blood thinners”, although they don’t actually make the blood thinner. The choice of medication given to you is based on various factors, for example, kidney function and your weight. You will be prescribed any one of the following:

- Rivaroxaban - 10mg tablet, once a day
- Apixaban - 2.5mg tablet, twice a day
- Dalteparin subcutaneous injections – dose dependent on weight

## How long do I take it for?

You will receive treatment for 4 weeks from the point of discharge.

## How do I take this medication?

- Rivaroxaban - take one tablet, once a day with food, at the same time each day
- Apixaban - take one tablet, twice a day (12 hours apart)
- Dalteparin - inject the contents of the syringe at the same time each day, changing the injection site to avoid bruising.

## Can anticoagulants interact with the other medicines I take?

Anticoagulants can interact with other medicines. Your doctor and pharmacist will have checked for any significant interactions before starting anticoagulation treatment.

Be sure to tell your GP, dentist and community pharmacist that you are taking an anticoagulant. Avoid over the counter painkillers, such as non-steroidal anti-inflammatory drugs (NSAIDs) as these increase your risk of bleeding, i.e. ibuprofen.

It is safe to drink alcohol in moderation while taking anticoagulation medicine but you are recommended to have alcohol free days without saving units up to drink all in one go.

## Can anticoagulants cause side effects?

Like all medication, anticoagulants can cause side effects, however, this does not mean that you will develop them. Some examples are given below, but please also read the patient information leaflet provided with your prescribed medication.

Anticoagulants slow down your body’s ability to clot, so a common side effect is an increased risk of bleeding. This means that if you cut yourself it is likely to bleed for longer than usual. **If the bleeding does not stop you must seek medical attention immediately.** Major bleeds can be managed and stopped but need treatment immediately.

Women may also have excess bleeding with menstrual periods.

Bleeding can also happen inside your body (so you would not see it). Symptoms of bleeding include:

- Unusual bruising
- Bleeding gums
- Blood in urine
- Coughing up blood, or vomiting blood or something that looks like ground coffee

**If you have any symptoms of bleeding that stops on its own but causes concern, please contact NHS 111 or your GP for advice.**

**If you have prolonged, repeated, severe bleeding or a head injury, please attend the Emergency Department at your local hospital.**