









Direct Oral AntiCoagulants (DOAC) Resident Alert Sheet

Name of resident:		Date of birth:
Home:	Name & designation of person completing:	Date:



Apixaban, Dabigatran, Edoxaban & Rivaroxaban are Direct Oral Anticoagulants (DOACs) – they are 'warfarin like' drugs

- These medicines **increase the risk of BLEEDING** – in the event of major bleeding withhold the DOAC and seek medical advice immediately.
- **REGULARLY CHECK FOR unusual bruising and bleeding and contact prescriber if any concerns.** Signs and symptoms of bleeding include bruising or bleeding under the skin, tarry, black coloured stools, blood in urine, persistent nosebleed (lasting longer than 10 minutes)/frequent small nose bleeds, dizziness, tiredness, pallor of skin, weakness, sudden severe headache, coughing or vomiting blood or material that looks like coffee grounds.
- **NEVER administer warfarin plus as DOAC, more than one DOAC together or a DOAC and a low molecular weight heparin (LMWH)**
- **DO NOT** stop DOAC treatment without talking to a doctor – this can increase the risk of stroke and other complications as a result of thrombosis (blood clot formation).

Indication For Anticoagulation (tick as appropriate)		Duration of Anticoagulation (tick as appropriate)
<input type="checkbox"/> Atrial Fibrillation (AF) <input type="checkbox"/> VTE (DVT or PE) <input type="checkbox"/> Other (specify)		<input type="checkbox"/> Lifelong <input type="checkbox"/> 3 months <input type="checkbox"/> 6 months <input type="checkbox"/> 12 months <input type="checkbox"/> Other (specify)
Name of DOAC (tick as appropriate)		Dose prescribed (tick as appropriate)
<input type="checkbox"/> Apixaban (Eliquis) 		<input type="checkbox"/> 5mg twice daily <input type="checkbox"/> 2.5mg twice daily <input type="checkbox"/> 2.5mg twice daily for days <input type="checkbox"/> 10mg twice daily for 7 days then 5mg twice daily
<input type="checkbox"/> Dabigatran etexilate (Pradaxa) 		<input type="checkbox"/> 150mg twice daily <input type="checkbox"/> 110mg twice daily <input type="checkbox"/> 220mg once daily for days <input type="checkbox"/> 150mg once daily for days
<input type="checkbox"/> Rivaroxaban (Xarelto) 		<input type="checkbox"/> 20mg once daily with food <input type="checkbox"/> 15mg once daily with food <input type="checkbox"/> 10mg once daily <input type="checkbox"/> 15mg twice daily for 21 days then 20mg once daily with food <input type="checkbox"/> 10mg once daily for weeks <input type="checkbox"/> 2.5mg twice daily for months <input type="checkbox"/> 2.5mg twice daily
<input type="checkbox"/> Edoxaban (Lixiana) 		<input type="checkbox"/> 30mg once daily <input type="checkbox"/> 60mg once daily

PRACTICAL ADVICE FOR CARERS

- DOACs may also be referred to as NOACs (**N**ovel **O**ral **A**nti**C**oagulants)

LIKE WARFARIN:

- DOACs prevent clots by helping to 'thin' the blood
- Those on a DOAC should carry an **alert card** – supplied by the hospital, Community Pharmacy (found inside the box of medicine) or GP Practice
- DOACs are time critical therefore should be administered in a timely manner. The medications that are twice daily doses are to be administered 12 hours apart

UNLIKE WARFARIN:

- DOACs are newer to the medicines market whereas warfarin has been used for decades. Information about side effects is still being collated therefore please inform prescriber of any potential adverse effects or side effects
- DOACs do not require regular monitoring however, individuals prescribed these medicines do require blood tests at intervals of either 3, 6 or 12 months, depending on their kidney function (confirm with prescriber).

DO:

- Check for any signs of unusual bruising and bleeding regularly and contact prescriber if any concerns
- Give Rivaroxaban with the biggest meal of the day
- Seek advice from a healthcare professional in the event of missed doses

DO NOT stop DOAC treatment without talking to a doctor – this can increase the risk of having a stroke and other complications as a result of thrombosis (blood clot formation)

Reference: East Lancashire Health Economy Medicines Management Board, Recent Reports of Incidents Involving Direct Oral Anticoagulants (DOACs), April 2018