

# Dabigatran (Say 'da-bi-ga-tran')

**Dabigatran** is an anticoagulant. It helps prevent blood clots from forming or growing bigger.



## Dabigatran is used to:






- Treat deep vein thrombosis (DVT) blood clots that form, usually in your legs.
- Treat pulmonary embolism (PE), blood clots in your lungs.
- Prevent DVT and PE clots from forming again.
- Prevent clots from forming after surgery, such as hip or knee operations.
- Reduce your risk of stroke if you have atrial fibrillation (AF).

## Know your capsule strength

Dabigatran is available in different strengths. Your doctor or pharmacist will let you know:

- your dose (strength of tablet)
- how often you need to take it; and
- how long you need to take it for.

## Take dabigatran with food and water

-  Taking dabigatran with food helps prevent indigestion and heartburn.
-  Don't chew or crush the capsule.
-  Swallow your capsule with plenty of water, while sitting or standing. Stay upright for at least 30 minutes.
-  Take your capsule at the same time each day.
-  Keep the capsules in their foil package until you are ready to use them. This protects them from moisture.


## If you have missed a dose

### If you take dabigatran TWICE (two times) a day:

- Take the missed dose if there are **more** than 6 hours until your next dose.
- Skip the missed dose if there are **less** than 6 hours until your next dose.




### If you take dabigatran ONCE a day:

- Skip the missed dose and take the next dose at your regular time.




 **Note: DO NOT** take two doses at the same time.



## Don't stop taking dabigatran without talking to your doctor

-  Stopping too early can lead to blood clots or stroke.
-  Get your next prescription before you run out of capsules.
-  Make sure you have enough capsules for weekends and holidays.

## Tell all your healthcare providers you're taking dabigatran

-  Ask your doctor or pharmacist if it's safe to take any new medicines or herbal supplements. Some medicines can affect dabigatran.
-  You may need to stop dabigatran before surgery, dental care and some tests.
-  Tell your doctor if you become pregnant, are trying for a baby or start breastfeeding.



**Note:** Dabigatran increases your risk of bleeding. Avoid contact sports, tattoos, piercings and deep massage. If you have a fall, get medical attention immediately, even if you feel okay.

## All medicines have some side effects

Dabigatran can cause side effects, although not everyone gets them.

### Common side effects

These are usually mild and go away with time. Talk to your healthcare team if these side effects cause you problems or don't go away:

- nausea (feeling sick)
- mild indigestion or heartburn
- stomach (tummy) pain.

Contact your healthcare team or Healthline on **0800 611 116** immediately if you notice these side effects:

- red or brown pee, or black poo
- brown or black vomit that looks like coffee grounds
- unusual bruising
- nosebleeds
- heavy periods (menstrual bleeding)
- coughing up blood or brown spots
- severe headaches, feeling dizzy or weak
- bleeding a lot after a cut or fall
- trouble swallowing, or severe indigestion, heartburn, or stomach pain.