

達比加群

(又名百達生，普栓達)

你已被配發藥物：達比加群，以降低中風的風險。達比加群用於預防和治療血液凝塊，包括由於心房顫動（心律不規則）引起的血液凝塊。



與食物和水一起服用達比加群



早晚各服用一粒膠囊。



將膠囊與食物一起服用有助於防止消化不良或胃灼熱。



將膠囊保存在原本的鋁箔包裝中防潮。僅在準備服用膠囊時才將其取出。

漏服達比加群會增加你出現血凝塊的風險

- 如果你漏服一劑，而距離下一劑不到6小時，請跳過錯過的劑量。
- 如果你漏服一劑，而距離下一次劑量還有超過6小時的時間，請盡快服用錯過的劑量。
- 請勿同時服用兩劑，以彌補錯過的一劑。

達比加群是一種長期藥物

- 在你服用完現有的膠囊之前，請先獲取處方。
- 確保你有足夠的膠囊應付週末和假日。
- 除非有醫生指示，否則請勿停止服用達比加群。過早停服藥物會導致血栓和中風。

告訴你的醫療保健提供者

詢問你的醫生或藥劑師是否可以安全服用任何新藥或草藥補品。有些藥物會影響達比加群。

告訴所有醫療保健提供者你正在服用達比加群（例如，你的醫生、牙醫、藥劑師或足病醫生）。你可能需要在手術、牙科護理和某些測試之前停止服用達比加群。

如果你正在懷孕、正準備受孕或開始母乳喂養，請告訴你的醫生。

達比加群會增加出血風險

避免接觸性運動、紋身、穿孔和深層按摩。

如果你發現這些副作用，請立即聯絡你的醫生或致電 Healthline (0800 611 116)：

- 紅色或棕色的小便，或黑色的大便
- 不尋常的瘀傷
- 流鼻血
- 咳出血或棕色斑點
- 嚴重頭疼
- 割傷或跌倒後大量出血。

想知道更多有關達比加群的信息，請瀏覽：
healthnavigator.org.nz/dabigatran

Dabigatran

(Also known as Pradaxa)

You have been given dabigatran to lower your risk of having a stroke. Dabigatran is used to prevent and treat blood clots, including those caused by atrial fibrillation (irregular heart beat).



Take dabigatran with food and water



Take ONE capsule in the morning, and ONE capsule in the evening.



Taking your capsule with food helps to prevent indigestion or heartburn.



Keep capsules in the original foil package to protect from moisture. Only take them out when you are ready to use them.

Missing doses of dabigatran increases your risk of getting a blood clot

- If you have missed a dose and the next dose is less than 6 hours away, skip the missed dose.
- If you have missed a dose and there are more than 6 hours until the next dose, take the missed dose as soon as you remember.
- DO NOT take two doses at the same time to make up for a missed dose.

Dabigatran is a long-term medicine

- Get your prescription before you run out of capsules.
- Make sure you have enough capsules for weekends and holidays.
- Don't stop taking dabigatran unless your doctor tells you to. Stopping too early can lead to blood clots and stroke.

Tell your healthcare provider

Ask your doctor or pharmacist if it is safe to take any new medicines or herbal supplements. Some medicines can affect dabigatran.

Tell all healthcare providers that you are taking dabigatran (eg, your doctor, dentist, pharmacist or podiatrist). 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.

Dabigatran increases your risk of bleeding

Avoid contact sports, tattoos, piercings and deep massage.

Contact your doctor or Healthline 0800 611 116 urgently if you notice these side effects:

- red or brown pee, or black poo
- unusual bruising
- nosebleeds
- coughing up blood or brown spots
- bad headaches
- bleeding a lot after a cut or fall.

For more information about dabigatran, visit healthnavigator.org.nz/dabigatran