


达比加群


(商品名为 Pradaxa)


您在服用达比加群以便降低中风的风险。达比加群适用于预防和治疗血液凝块，包括由于心房颤动（不规则心跳）引起的血液凝块。



达比加群应在用餐时和水一起送服

 早餐服用一粒胶囊，晚上服用一粒胶囊。

 随同食物一起服用胶囊有助于防止消化不良或胃灼热。

 请将胶囊留在原装铝箔包装中，以防止受潮。请在即将服用时从包装中取出胶囊。

漏服达比加群会增加您出现凝血块的风险

- 如果漏服一剂而且距下一剂的服用时间不足6小时，则跳过此剂。
- 如果漏服一剂而且距下一剂的服用时间超过6小时，则在想起后立即服用此剂。
- 不得通过一次服用两粒的方法弥补漏服剂量。

达比加群是一种需要长期服用的药物

- 在手中药量不足之前，请就医获得处方。
- 确保您有足够的药量供周末和假期服用。
- 未经医生指示，切勿擅自停止服用达比加群。提前停药可能会导致凝血块和中风。

告知您的医疗保健提供者

在服用新药物或草药补品之前，请咨询您的医生或药剂师是否安全。某些药物会影响达比加群。

如果您正在服用达比加群，请告知您所有的医疗保健提供者，包括医生、牙医、药剂师或足病治疗师。在接受手术、牙科治疗和某些检测前，您可能需要停止服用达比加群。

如果您已怀孕、正在备孕或开始哺乳，请告知您的医生。

达比加群会增加出血风险

避免接触性体育运动、纹身、身体打孔和深层按摩。

如果您发现以下副作用，请立即联系您的医生或致电 **Healthline (0800 611 116)**：

- 尿色变红或棕色，或者大便变黑
- 不寻常瘀伤
- 流鼻血
- 咳出血或棕色物
- 剧烈头痛
- 切伤或跌倒后大量出血

有关达比加群的更多信息，请访问网站：
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