

# Rivaroxaban

(E mōhioia ana anō hei Xarelto)

Kua tukuna te rivaroxaban ki a koe hei whakaiti i tō tūponotanga ki te ikura roro. E whakamahia ana te rivaroxaban hei ārai me te whakamaimoa i ngā tepe toto, tae atu ki ērā i pupū ake i kapa manawa tīpokapoka (atrial fibrillation).



## Me kai i te rivaroxaban me te kai me te wai



Kainga kia KOTAHI te pire i te rā.



Me kai i tō pire i te wā ōrite i ia rā.



Mā te kīnaki i tō pire ki te kai ka pai ake te mahi.

## Ki te tāhapa he horopeta rivaroxaban ka piki ake te tūpono pā mai o te tepe toto

Mēnā i tāhapa koe i tētahi horopeta, ā, ka maumahara koe i taua rā anō, me kai i te horopeta i tāhapatia. Mēnā ko te rā o muri mai, me waiho te horopeta.

KAUA RAWA e kai i ngā horopeta e rua i te wā kotahi i te mea i tāhapa i a koe he horopeta.

## He rongoā wā roa te rivaroxaban

- Me tiki i tō tūtohu rongoā i mua i te paunga o ō pire.
- Me mātua whakarite kei te rawaka ō pire mō ngā mutunga wiki me ngā hararei.
- Kua rawa e mutu te kai rivaroxaban engari ia ki te tohutohutia koe e tō rata. Ki te moata rawa tō whakamutu ka pā mai pea ngā tepe toto me te ikura roro.

## Me whakamōhio atu ki tō kaiwhakarato hauora

Me pātai atu ki tō rata, taka rongoā rānei mēnā kei te pai ki te kai rongoā hou, ngā hua kai otaota rānei. Ka taea ētahi rongoā te rivaroxaban te whakararuraru.

Me whakamōhio atu ki ngā kaiwhakarato hauora kei te kai rivaroxaban koe (hei tauira, tō rata, tō rata niho, tō taka rongoā, rata waewae rānei). Me mutu pea tō kai rivaroxaban i mua i tō hāparapara, whakamaimoa niho me ētahi whakamātautau.

Me whakamōhio atu ki tō rata ki te hapū koe, kei te ngana kia hapū, te tīmata rānei ki te whāngai ū.

### Ka whakapiki te rivaroxaban i te mōrea o te whakaheke toto

Kaua ngā tākaro tukituki, ngā kirituhi me ngā whakarākei me ngā mirimiri tino kaha.

**Me wawe tonu te whakapā atu ki tō rata, Healthline 0800 611 116 rānei mēnā ka kite koe i ēnei pānga kino:**

- mimi whero, parauri rānei, he pango rānei ō hamuti
- marū tino rerekē
- toto te ihu
- ka pakaru mai te toto i te maremare, ngā iraira parauri rānei
- ngā ānini kino
- he kaha te toto i muri i te motunga, hinganga rānei.

Mō ētahi atu mōhiohia mō te rivaroxaban, haere ki [healthnavigator.org.nz/rivaroxaban](http://healthnavigator.org.nz/rivaroxaban)

# Rivaroxaban

(Also known as Xarelto)

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



## Take rivaroxaban with food and water



Take ONE tablet once a day.



Take your tablet at the same time each day.



Taking your tablet with food helps to make it work better.

## Missing doses of rivaroxaban increases your risk of getting a blood clot

If you have missed a dose and you remember on the same day, take the missed dose. If it is the next day, skip the dose.

DO NOT take two doses at the same time to make up for a missed dose.

## Rivaroxaban is a long-term medicine

- Get your prescription before you run out of tablets.
- Make sure you have enough tablets for weekends and holidays.
- Don't stop taking rivaroxaban 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 rivaroxaban.

Tell all healthcare providers that you are taking rivaroxaban (eg, your doctor, dentist, pharmacist or podiatrist). You may need to stop rivaroxaban before surgery, dental care and some tests.

Tell your doctor if you become pregnant, are trying for a baby or start breastfeeding.

### Rivaroxaban 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 rivaroxaban, visit [healthnavigator.org.nz/rivaroxaban](http://healthnavigator.org.nz/rivaroxaban)