

Rivaroxaban to prevent blood clots for patients who have reduced weight bearing due to a lower limb injury

Information for patients



Please read this leaflet carefully. It will give you information about decreasing the chance of developing a blood clot whilst you cannot weight bear due to a limb injury.

What is venous thromboembolism?

There are two types of VTE:

Deep Vein Thrombosis (DVT):

a DVT is a blood clot (also known as a thrombosis) that forms in a deep vein, most commonly in the legs.

Pulmonary Embolism (PE):

if all or part of the DVT breaks free and passes through your blood vessels, it can reach your lungs. This is called a PE.

DVTs and PEs often occur in people who are moving around less than they usually do. This can occur when you are not weight bearing as much as normal.

Signs and symptoms of VTE

DVT - Symptoms can include swelling, redness/discolouration, warmth and tenderness/pain that may be worse when standing or walking. Occasionally there are no symptoms except pain. DVTs can cause long term complications such as permanent leg swelling, leg ulcers, painful/aching legs and changes in skin colour.

PE - Symptoms can include coughing, chest pain, breathlessness, blood stained phlegm and collapse.

Your doctor has prescribed a tablet called rivaroxaban. This leaflet tells you about rivaroxaban, what it is for and how to use it.

What is rivaroxaban and what does it do?

Rivaroxaban is used to prevent blood clots such as deep vein thrombosis or pulmonary embolism. It is an anticoagulant; this means that it thins the blood.

Why has rivaroxaban been prescribed for me?

You have been prescribed rivaroxaban because your risk of having a blood clot is higher than usual. This is because you cannot weight bear at the normal level due to an injury and may also have other risk factors for a blood clot. Taking rivaroxaban will reduce the chances of you getting a blood clot.

Some patients are known to be at a higher risk than others due to a range of other factors.

These include:

- Past history of blood clots
- Cancer and its treatment
- Being overweight
- Reduced mobility (not walking or moving around)
- Combined contraceptives (i.e. the Pill, the contraceptive patch (Evra®) or the vaginal ring (Nuvaring®))
- Hormone replacement therapy (HRT)
- Recent surgery especially on hips or knees

- Age over 60 years
- Pregnancy
- Any of the following in the last 6 weeks: Termination of pregnancy, miscarriage or given birth
- Dehydration
- Smoking
- Varicose veins with phlebitis
- A close relative has had a blood clot
- Known thrombophilia (inherited blood clotting disorders)
- Long distance travel.

If you think that you have any of these conditions or are taking any of the medicines, talk to your hospital doctor.

Are there any side-effects with rivaroxaban?

Because rivaroxaban thins your blood, it can make you bleed more easily.

Whilst you are taking rivaroxaban tablets you must go to hospital straight away if you notice:

- you are bleeding
- you have a sudden very bad headache

You should tell a nurse or doctor as soon as possible if you notice:

- you are bruising more easily than you normally do
- you feel more weak, tired or short of breath than normal

You should also read the information leaflet in the packet as it will tell you more about the side effects of rivaroxaban.

What else should I know about rivaroxaban?

Rivaroxaban has not been licensed to prevent blood clots in people with lower limb immobilisation but it has been licenced to prevent blood clots in other patients, for example after hip or knee replacement surgery and those who have an irregular heart beat or who have a new blood clot.

You may hear this called **'off label'** or **'unlicensed'** use of rivaroxaban. At this hospital senior doctors and pharmacists have decided that it is safe to use rivaroxaban in this way. You can ask your doctor or nurse for a copy of Leeds Teaching Hospitals NHS Trust **'Unlicensed Medicine Information Leaflet'** to explain more. If you are unhappy with taking rivaroxaban talk to your doctor, nurse or pharmacist. There are other medicines that could be used (such as heparin injections).

You must not take rivaroxaban if you are pregnant or have severe problems with your kidneys. There are other medicines that should be used instead (such as heparin injections).

What will happen if I don't take rivaroxaban?

If you do not take rivaroxaban then there will be more chance that you get a blood clot while you cannot fully weight bear. Using rivaroxaban is not guaranteed to stop you getting a blood clot.

How much rivaroxaban should I take?

Rivaroxaban comes as 10mg tablets. You should take one tablet each day, usually in the evening.

You should carry on taking the tablets until your plaster cast has been removed, unless a doctor tells you to stop.

The hospital doctor will prescribe enough tablets to complete your course of treatment.

What should I do if I take more rivaroxaban than I should?

If you have more than one dose in a day, then you should tell your doctor.

What should I do if I forget to take my medication?

If you remember the same day, then take the dose. If you remember the next day, then take your dose when it is next due. Do not take more than one dose a day.

Do I need to tell you about other medication I am taking?

Please tell your doctor if you are taking any other medicines, including any medicines that you have bought without a prescription.

How should I store this medicine?

Store the tablets in a cool dry place (not in the fridge). Keep them away from children and animals.

Where can I find out more information?

You will find more information in the package leaflet in the box of rivaroxaban tablets.

Who can I contact for further advice?

If you would like any further information or advice you can contact:

The Fracture Clinic, (LGI) - Tel: 0113 392 5862

Medicines Information - Patient line help number
Tel: 0113 206 4376

A&E - Tel: 0113 392 3354 / 0113 392 2512

If you have any pain or swelling in one or both legs, you should go to the Emergency Department (A&E).

If you suffer any shortness of breath, chest pain or coughing up blood, you must go to A&E straight away, or call 999 immediately.



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Developed by: Katherine Stirling, Consultant Pharmacist Anticoagulation and Thrombosis. Content adapted, with kind permission, from Sheffield Hospitals NHS Trust
Produced by: Medical Illustration Services • MID code: M20220902_008/DG

LN003693
Publication date
10/2022
Review date
10/2024