

8) Do I need to adjust my diet?

You do not need to change your diet whilst taking Rivaroxaban. Although alcohol does not interact with this medication, it is advised you do not exceed the recommended limit (14 units per week for men and women).

9) Who can I contact if I require more information about Rivaroxaban?

- Medicines Information 0207 288 5758
- Your community pharmacist

Further information can also be found in the patient information leaflet provided with your medication.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Rivaroxaban after hip or knee replacement surgery

A patient's guide



1) What is Rivaroxaban?

- Rivaroxaban belongs to a class of drugs called direct oral anticoagulants (DOACs), sometimes referred to as “blood thinners”
- It works by reducing the likelihood of blood clots from occurring.

2) Why have I been prescribed Rivaroxaban?

- After a hip or knee replacement, you are at a higher risk of developing blood clots.
- Deep vein thrombosis (DVT) is a type of clot that can occur in your legs. This clot can travel to the lungs causing a pulmonary embolism (PE).

3) How long will I need to take Rivaroxaban for?

- Hip replacement - 35 days from day of surgery.
- Knee replacement - 14 days from day of surgery.

4) Are there any alternatives to Rivaroxaban?

- If Rivaroxaban is unsuitable, you may be prescribed either:
 - Aspirin tablets or
 - Tinzaparin - a daily injection.
- Like Rivaroxaban, these medications also help to thin the blood.
- Speak to your surgeon or pharmacist if you have questions about these alternatives.
- If you are already taking a different blood thinner, such as warfarin or apixaban, you should speak to your doctor as rivaroxaban may not be suitable.

5) How do I take Rivaroxaban?

- This medication is typically taken once daily (for other indications this may differ).
- Try to take this medication at the same time each day.
- If you forget to take a dose, take it as soon as you remember, never take two doses in the same day.
- Take rivaroxaban with food.

6) Are there any medications that interact with Rivaroxaban?

- Some medications will increase the risk of side effects from Rivaroxaban.

- Avoid non-steroidal anti-inflammatory drugs (NSAIDs), i.e. ibuprofen (Nurofen®), aspirin, naproxen
- If you are unsure, please check with a pharmacist.

7) What are the main side effects?

- Constipation and/or Diarrhoea
- Gastrointestinal discomfort
- Nausea
- Headache
- Vomiting
- **Increased risk of bleeding and bruising**

Please seek urgent medical attention if you experience any of the following symptoms:

- Unexplained bleeding or severe bruising.
- Bleeding from a wound that lasts longer than normal.
- Blood in the urine - this may appear bright red or pink.
- Black tarry stools.
- Vomiting blood or a coffee ground substance.
- Any injury to the head.
- Nose bleeds that last longer than 5 to 10 mins.
- Unusual headaches.