Switching from Warfarin to ELIQUIS® (apixaban)
Patient Information Booklet

This booklet has been written and produced on behalf of Bristol-Myers Squibb and Pfizer. Only to be given to patients prescribed Eliquis.
ELIQUIS® (apixaban) information booklet

You have received this booklet because you have decided with your doctor to move from warfarin to a Non-VKA Oral Anti-Coagulant (NOAC) to help reduce your risk of having a stroke due to atrial fibrillation (AF).
The NOAC you have been prescribed is apixaban. This booklet explains what this means and what the benefits of apixaban can be.

You should also read the patient information leaflet provided inside your pack of Eliquis.
WHY SWITCH TO ELIQUIS® (apixaban)?

You have decided with your doctor to switch from warfarin to apixaban. Eliquis contains the active substance apixaban and belongs to a group of medicines called anticoagulants. These medicines help to prevent blood clots from forming by blocking one of the agents that causes blood clotting (known as Factor Xa).

This is important, as a blood clot that forms in the heart may travel to the brain and lead to a stroke.
A clot may also travel to other organs and prevent normal blood flow to that organ (also known as a systemic embolism).

Apixaban:

- INR monitoring or frequent dose adjustment is not required
- Proven to reduce the risk of strokes and bleeding
- Consistent twice daily dosing
- It can be taken with or without food
- Tablets may also be crushed if swallowing is difficult
HOW TO SWITCH TO ELIQUIS® (apixaban)

You will decide, with your doctor, on a day to stop taking your warfarin. Your doctor will also give you a prescription to fill for apixaban so you are ready to switch when the time is right as outlined in the next few steps.

The doctor will monitor your INR levels regularly over the next few days to assess when you are ready to start apixaban.
When the INR is less than 2.0, you will start taking apixaban.

The usual dose of apixaban is 5mg twice daily - once in the morning and once in the evening. Certain groups of patients may be prescribed 2.5mg twice daily by their doctor.
HOW TO TAKE ELIQUIS® (apixaban)

You should always take apixaban exactly as your doctor has told you to ensure that apixaban is working for you. Check with your doctor, pharmacist or nurse if you are not sure.

Apixaban must always be taken twice a day. For example, one in the morning and one in the evening. Try to take the tablets at the same times every day.

To help you remember, try to fit in taking your tablets with a normal routine that happens twice a day, for example, brushing your teeth. You should also read the patient information leaflet that came inside your pack of apixaban.
The usual dose of apixaban is 5mg twice daily - once in the morning and once in the evening. Certain groups of patients may be prescribed 2.5mg twice daily by their doctor.

You should swallow the apixaban tablet with a glass of water. It can be taken with or without food. If you have difficulty swallowing the tablet whole, talk to your doctor about other ways to take apixaban.
HOW LONG TO TAKE ELIQUIS® (apixaban) FOR

The length of treatment with apixaban can vary: some people may need to take it indefinitely. You should always follow your doctor’s instructions and continue to take your medication for as long as your doctor has told you to do so.

DO NOT STOP TAKING APIXABAN WITHOUT DISCUSSING IT WITH YOUR DOCTOR FIRST!
FREQUENTLY ASKED QUESTIONS

What should I do if I miss a dose?

If you miss a dose of apixaban, take the medicine as soon as you remember and then take the next tablet of apixaban at the usual time, then continue as normal. If you are not sure what to do, or have missed more than one dose, ask your doctor, pharmacist or nurse.
What should I do if I take too much ELIQUIS® (apixaban)?

Tell your doctor immediately if you have taken more than your prescribed dose of apixaban. Take the medicine pack with you, even if there are no tablets left. If you take more apixaban than recommended, you may have an increased risk of bleeding.

If you are not sure what to do or have missed more than one dose, ask your doctor, pharmacist or nurse.
IMPORTANT INFORMATION INSIDE YOUR PACK OF ELIQUIS® (apixaban)

You will find a Patient Information Leaflet together with a Patient Alert Card inside your pack of apixaban. You should read the Patient Information Leaflet and complete the Patient Alert Card (or ask your doctor to do it). The Patient Alert Card should be kept with you at all times. The Patient Alert Card explains the importance of taking apixaban regularly as instructed by your doctor, lists the main signs and symptoms of bleeding and when to seek medical attention.
Patient Alert Card

Eliquis® (apixaban)

 Carry this card with you at all times

 Show this card to your pharmacist, dentist and any other healthcare professionals that treat you
THINGS TO BE AWARE OF WHEN TAKING ELIQUIS® (apixaban)

- Inform your doctor and dentist that you are taking apixaban if you are having any surgical or dental procedures. You may need to reduce or temporarily stop taking apixaban.

- Make sure that you tell your doctor and dentist about any other medicines you are taking, including medicines you have bought yourself over the counter (e.g. aspirin for headaches and colds) and any herbal remedies you may be taking (e.g. St John’s Wort) (a herbal supplement used for depression).
Certain medicines and supplements can interfere with the anticoagulant effects of this medicine, increasing the risk of bleeding or making it less effective. A list of medicines that might affect apixaban can be found in the patient information leaflet inside the medicine package.
As with all anticoagulants, when taking this medicine it is important that you look out for any signs of bleeding and seek medical advice immediately if any signs of bleeding occur.

You should not take apixaban if you are allergic to any of the ingredients, if you are bleeding excessively, if you have (or are thought to have) a condition that increases the risk of serious bleeding, if you have liver disease leading to an increased risk of bleeding or if you are taking medicines to prevent blood clotting.
In addition, this medicine is not recommended in other instances such as pregnancy, breast feeding, in patients with prosthetic heart valves (with and without atrial fibrillation), and in patients taking certain other medications (please read the patient information leaflet for the full list). Please tell your doctor straight away if you think any of these apply to you.

Please ensure that you read the patient information leaflet (inserted in the medicine packaging) thoroughly before taking the medicine.
POSSIBLE SIDE EFFECTS

Like all medicines, ELIQUIS® (apixaban) can cause side effects, although not everybody gets them.

Like other similar medicines (anticoagulants), this medicine may cause bleeding that may potentially be life-threatening and require immediate medical attention.

Other common side effects include:
Bleeding in your eyes (including red eye), in your stomach (dark/black blood in the stools), your bowel, from your nose, from your gums, from your rectum or blood found in the urine (on testing).
Additional common side effects include anaemia which may cause tiredness or paleness, bruising and swelling, low blood pressure which may make you feel faint or have a quickened heartbeat, nausea (feeling sick) and blood tests may show an increase in gamma-glutamyltransferase (GGT).
Further information on possible side effects can be found in the patient information leaflet inside your tablet pack.

Tell your doctor, nurse or pharmacist about any side effects you experience, even if they are not listed in the patient information leaflet or in this booklet.
You can help provide more information on the safety of this medicine by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects. Side effects should also be reported to Bristol-Myers Squibb Medical Information on 0800 731 1736 or medical.information@bms.com
HEALTHY LIVING AND AF

Staying healthy, along with medications, will help you manage your AF. Consider the following lifestyle factors and how they may affect you.

- **Diet:** eat plenty of fresh fruits and vegetables and avoid fatty meats and too much processed food to help control your cholesterol levels. Lower your salt intake to help control high blood pressure, another health condition that contributes to AF.
Exercise: regular physical activity not only helps in weight control, but also helps you to maintain a positive outlook. Consult your doctor before you start any new forms of exercise to establish whether it is safe given your physical condition.
GETTING SUPPORT

There are a number of UK organisations which provide invaluable help, information and support to people affected by atrial fibrillation and stroke.

Here are the contact details of some organisations you may find useful:

**Atrial Fibrillation Association**
Tel: 01789 867 502 (24 hour)
Website: www.afa.org.uk
Email: info@afa.org.uk

The AF Association provides information, support and guidance on access to treatments for Atrial Fibrillation (AF)

**Anticoagulation UK**
Website: www.anticoagulationuk.org
Email: info@anticoagulationuk.org

Provides information and support for people on anticoagulant medications and their healthcare professionals.
**Arrhythmia Alliance**
Tel: 01789 867501 (24 hour)
Website: www.heartrhythmalliance.org
Email: info@heartrhythmalliance.org

Arrhythmia Alliance is a coalition of patients, professionals, charities, government bodies, care providers and allied professionals. It works to promote the timely diagnosis and effective management of arrhythmias to extend and improve the lives of the millions around the world.

**Stroke Association**
Helpline: 0303 3033 100
Website: www.stroke.org.uk

Provides information about stroke, emotional support and details of local services and support groups. Factsheets available include the effects of stroke, and reducing your risk of stroke.
## Your future appointments

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