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## Direct Oral Anticoagulants (DOACs)

DOACs are anticoagulants or blood thinners that treat and prevent blood clots such as deep venous thrombosis (**DVT**) or pulmonary embolus (**PE**). These medications help to stop blood clots from forming. As with other anticoagulants or blood thinners, DOACs do not dissolve the clot but prevent it from getting bigger.

DOACs have been used in adults for specific indications for 5-10 years, and studies have been performed or are underway in children. Your health provider will decide on the best medication and dose for your child.

### How do I take a DOAC?

Depending on your prescribed medication and dose, it must be taken 1-3 times daily by mouth.

#### Take it with food.

The medications used in children within the DOAC category are:

1. Rivaroxaban or (Xarelto®)
2. Apixaban (Eliquis®)
3. Edoxaban (Lixiana®)



### Does a DOAC require monitoring?

DOACs do not require routine blood monitoring. Your health care provider will periodically check your blood after 1-2 months initially and then every 12 months.

### What If I Vomit or Miss a Dose?

If your child vomits within 30 minutes of the dose, give another dose. Do not give another dose if it has been longer than 30 minutes. Give the next dose when it is scheduled.

### How Should the Medication be Stored?

Store your medication at room temperature-- DO NOT FREEZE.

### Important Things to Know if you are Taking a DOAC

- ✓ Be sure to tell your doctor or pharmacist if you take other medicines. This includes any vitamins or minerals, herbal supplements, or medicines you bought without a prescription from a pharmacy, supermarket, or health food store. It is a good idea to carry an up-to-date list of all your medications.
- ✓ DO NOT take pain relief medications containing NSAIDs such as Aspirin, Naproxen and Ibuprofen, unless your doctor says it is OK.
- ✓ Do NOT stop taking your DOAC unless told by your doctor.
- ✓ Be sure to tell your anticoagulation team if you have any planned procedures. Tell any doctor or dentist you are on a DOAC before any medical procedures (including

operations in the hospital and minor procedures at your family doctor or dental clinics).

- ✓ Consider wearing a medical alert bracelet. Tell the ambulance and hospital staff that you take a DOAC if you are in an accident or become very ill

### Side effects of DOACs

Bleeding is the main side effect of a DOAC. Bruising can also be a side effect of a DOAC.

To lower the chance of bleeding, take your medicine exactly as instructed by your doctor.

Contact your doctor immediately, or go to your nearest hospital emergency department if you:

- Have a nosebleed that does not stop after pinching and holding without releasing for 10 min and then repeat if necessary.
- Have red or dark urine.
- Start coughing up blood or vomit and it is dark, or blood stained.
- Have red or black (tar-like) bowel movements.
- Have bleeding that does not stop or improve after 10 minutes of firm pressure without releasing and then another 10 minutes of firm pressure.
- Excessive menstrual bleeding
- Have unexplained bruising, or bruising that gets bigger without a cause.
- Have a bad headache, feeling faint or dizzy.
- Have had physical injury such as head injury or major sports injury.

### Safety on a DOAC

Exercise is important to staying healthy. Continue your regular exercise but remember that, when you are taking a DOAC, your risk of bleeding with injury is higher.

- Be sure to wear appropriate protective gear and receive appropriate training with sports (i.e. helmet with biking)
- Avoid sports where serious injuries or falls are common (i.e. competitive contact sports)
- You may have your immunizations and flu shots while taking a DOAC. Apply pressure to the immunization site for 10 minutes after your immunization to prevent bleeding.