

“Dabigatran 达比加群” 治疗

品牌名: Pradaxa 普拉达萨

本讲义解释了dabigatran达比加群药物，这是一种有助于预防和治疗血栓的药物。

Dabigatran 达比加群是什么药？

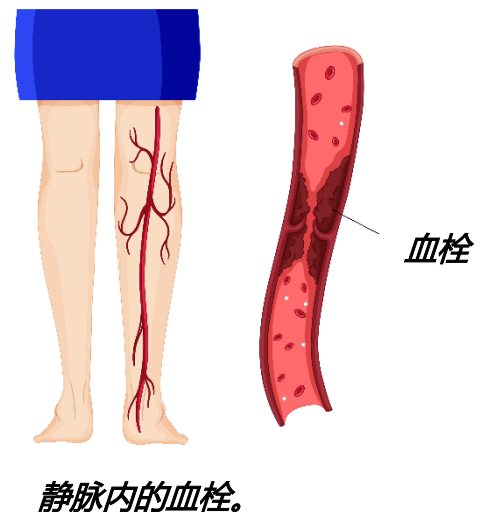
达比加群（商品名 Pradaxa 普拉达萨）是一种抗凝药物。“抗”是对抗的意思，“凝”是指血液凝固。抗凝药物有助于防止在血液中形成血栓。

达比加群有时被称为“血液稀释剂”，但它并不会真正稀释你的血液。它的作用是阻止血液的一种自然成分产生血栓。

我为什么要服用它？

您的医生开了 dabigatran 达比加群处方药来治疗或预防血栓。您可能患有以下有可能导致血栓的病症之一：

- **心房颤动**：如果心脏的一部分不按正常的方式跳动，心脏内就会形成血栓。这些凝块的一部分可能会脱落，进入大脑并导致中风。
- **手术**：手术后可能会形成血栓，包括髋关节或膝关节置换手术。
- **深静脉血栓 (DVT) 和肺栓塞 (PE)**：DVT 是在静脉（通常在腿部）中形成的血凝块。PE 是在肺部形成的血栓。



达比加群如何发挥作用？

身体内必须发生许多状况才会导致血栓的形成。血液中称为凝血因子的天然成分参与了血栓形成的过程。

达比加群阻断凝血因子的其中之一：凝血酶。达比加群可以帮助阻止血栓的形成并防止血栓变大，但它不能分解已经形成了的血栓。



使用手机摄像头扫描即可
获取此讲义的数码副本

达比加群需要多长时间才能发挥作用？

服用第一剂的达比加群后几小时内开始减少血液凝固。对于大多数人来说，如果停止服用达比加群，其抗凝血的效果会在24小时内开始消失。

我需要服用多少剂量的达比加群？

达比加群有 75 毫克、110 毫克和 150 毫克片剂。您的医生会决定哪种剂量适合您。您的剂量取决于您的肾脏功能以及您服用的其他药物。

以下是3种常见血栓病症的常用剂量：

- **心房颤动:** 每日2 次，每次150 毫克
- **手术后:** 每日2 次，每次110 毫克
- **DVT 深静脉血栓和 PE 肺栓塞:** 每日2 次，每次150 毫克

我应该如何使用达比加群？

达比加群胶囊是装在瓶子里或吸塑泡包装里。这种类型的包装允许您一次仅取出 1 个胶囊。

到了需要服用达比加群时：

- 从打开的瓶子或吸塑泡包装中**仅仅**取出需要的处方剂量。未使用的药丸必须保护好以避免空气中的湿气。
- 取出剂量后**立即盖紧瓶子**。
- **将达比加群保存在原包装瓶或吸塑泡包装中。请勿将达比加群放入药盒或药物管理器中。**
- 用一整杯水吞下**整颗**达比加群：
 - **请勿掰开、压碎或咀嚼胶囊。**
 - **请勿**打开胶囊将药物撒在食物或饮料上。
 - 如果您吞咽胶囊有困难，请咨询您的医生。
- 您可以随食物或不随食物服用达比加群。
- 每次只打开和使用一(1)瓶子的达比加群。
- 在您打开了一瓶药之后，这瓶药的使用时间不能超过4个月。如果您没有在 4 个月内服完这瓶药，则必须将剩余药物安全丢弃（请参阅第 3 页“如何储存达比加群”段落的最后一条）。然后你需要开一瓶新的药。
- 请准确地按照达比加群处方医生的指示服药。在每天早上和晚上的同一时间服药。
- **不要**停止服用达比加群，除非您的医生指示这样做。

如何储存达比加群？

- 将达比加群放在原装的瓶子或吸塑泡包装中。这样可以保护胶囊免受空气中水分的影响。
- 将瓶子或吸塑泡包装存放在室温下。**请勿**将其放在厨房或浴室中。
- 服药后**立即**盖紧达比加群的瓶子。
- 将全部药物放在安全的地方，远离儿童和宠物。
- 请将未使用或过期的药物放入垃圾桶。除非有指示，否则**请勿**将它们冲入马桶或倒入下水道。请向您的药剂师询问扔掉多余药物的最佳方法。

如果我漏服了一剂药怎么办？

尽量不要漏服任何剂量的达比加群。如果您确实漏服了一剂：

- 如果距离您下次服药时间**还有 6 小时或更长时间**，请在您想起来时立即补服错过的剂量。
- 如果距离您下次服药时间**不足 6 小时**，请忽略这次错过的剂量。
- **切勿**一次同时服用 2 剂达比加群。

如果您服用了过多的达比加群，请立即致电您的医生或前往最靠近的急诊室。

我是否需要继续补充此药物吗？

不要让达比加群中断。请在用完之前就补充您的处方药。如果您连续漏服了 2 剂或以上的药物，抗凝效果就会开始减弱。**这可能非常危险。**

达比加群有哪些副作用？

使用达比加群时出现轻微出血是正常现象。但大量出血则为严重情况。

轻微出血

您可能会不时地出现以下任何症状的其中一个：

- 刷牙时牙龈出血
- 流鼻血
- 容易发生瘀伤
- 小伤口的流血比正常情况多
- 月经出血时间较长或较多

大量出血

达比加群还可能导致严重出血，甚至可能致命（请参阅下面的段落“何时致电您的医生”）。**如果您开始有出血现象，有一种药物可以逆转达比加群的作用。立即致电您的医生或前往急诊室。**您的医生也可能通过输血和其他方法给您治疗。

其他副作用

达比加群的其他常见副作用包括：

- 胃部不适
- 腹部疼痛
- 消化不良

何时致电您的医生

如果您有以下情况，请立即致电您的医生或前往最近的急诊室：

- 手臂或腿部突然无力
- 身体任何部位突然出现麻木或刺痛
- 视力发生变化或者一只或两只眼睛看不到东西
- 突然说话含糊不清或无法说话
- 感觉头晕或晕倒
- 手臂、腿或脚出现新的疼痛、肿胀、发红或发热
- 新出现的呼吸短促或胸痛
- 严重的跌倒或撞到头部
- 任何无法停止的或大量的出血
- **严重出血的迹象是：**
 - 眼睛里流血
 - 红色或深棕色尿液
 - 红色或黑色柏油样粪便
 - 呕吐或咳血（呕吐物可能看起来像咖啡渣）
 - 剧烈头痛或胃痛
 - 出现不明原因出现的瘀伤
 - 流鼻血、牙龈出血或持续发生异常的出血

达比加群是否会影响其他药物的药效？

如果您在服用达比加群的同时，也服用其它会降低身体凝血功能的药物，则出血的风险可能会更高。**如果您正在服用达比加群，在没有事先咨询您的医生或抗凝诊所之前，请勿服用以下任何药物：**

- Aspirin阿司匹林或含有阿司匹林的产品，例如 Alka-Seltzer、Bayer、Bufferin、Excedrin、Nyquil、Pepto-Bismol
- Ibuprofen布洛芬（Motrin、Advil）和其他non-steroidal非甾体（非类固醇）抗炎药（NSAIDs），如celecoxib塞来昔布（Celebrex）、diclofenac双氯芬酸（Cataflam、Voltaren）、indomethacin吲哚美辛（Indocin）、ketoprofen酮洛芬（Actron、Orudis）、meloxicam美洛昔康（Mobic）、nabumetone萘丁美酮（Relafen）、naproxen萘普生（Aleve、Naprosyn 和其他）和piroxicam吡罗昔康（Feldene）
- Warfarin华法林（Coumadin香豆素）
- 含有heparin肝素的药物
- Clopidogrel氯吡格雷（Plavix波立维）、prasugrel普拉格雷（Effient）、ticagrelor替格瑞洛（Brilinta倍林达）
- Rivaroxaban利伐沙班（Xarelto拜瑞妥）、apixaban阿哌沙班（Eliquis艾乐妥）、edoxaban依度沙班（Savaysa）、betrixaban贝曲沙班（Bevyxxa）

其他药物也可能会影响达比加群在你身体产生的效用。如果你开始或停止服用任何药物，你都必须告诉你的医生或者抗凝诊所。这包括您购买的非处方药物、草药产品、维生素等。

应该告诉谁我正在服用达比加群？

告诉您**所有的**医疗服务提供者您正在服用达比加群。这包括您的医生、牙医和为您配药的药剂师。在某些医疗情况下，服用达比加群可能会影响他们对您的治疗措施。

携带一张写明您服用达比加群的卡片并放在钱包里。您可能还需要佩戴一个医疗警报手镯或项链，以告知紧急医疗服务提供者您正在服用达比加群。



告诉您所有的医疗服务提供者您正在服用达比加群。如果您因任何原因必须停止服用达比加群，请通知为您开达比加群处方的医生。

何时我应该停止服用达比加群？

- 您的医生可能会告诉您，在进行医疗或牙科操作程序（包括手术）之前停止服用达比加群一天或多天。
- 在进行任何使用“epidural catheter”硬膜外导管”的医疗程序之前，您**必须**停止服用达比加群。硬膜外导管是一根放置在您背部的管子，用于止痛和麻醉。
- 如果您因为任何原因需要停止服用达比加群，请致电为您开药的医生。了解何时应该停止服用此药。该医生还会告诉您手术后何时开始再次服用达比加群。

服用达比加群时您可能有的疑问

问：我需要定期验血检查吗？

答：您**不需要**进行定期血液检查来检测体内达比加群的含量。但是，达比加群的剂量取决于您的肾脏的工作情况。因此，您的医生可能会要求您不时地进行血液检查，以检查肾脏的健康状况。您可能还需要每年进行血球数量和肝功能检查。

问：我可以喝酒吗？

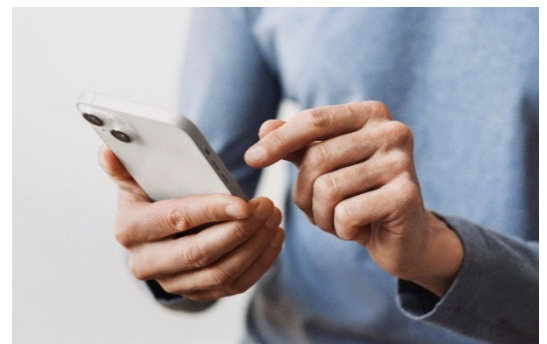
答：服用达比加群时**最好避免饮酒**。酒精会增加胃和肠道出血的风险。

如果您确实饮酒，每天饮酒量不要超过 1 杯酒。并且，偶尔的一次也不要喝超过 2 杯酒。一杯酒 = 1 份啤酒（12 盎司），**或** = 1 杯葡萄酒（4 盎司），**或** = 1 杯鸡尾酒（2 盎司），**或** = 1 小杯烈酒（1½ 盎司）。

问：我应该限制运动吗？

答：由于达比加群会增加出血风险，所以：

- 避免可能导致受伤的运动。散步、慢跑、游泳和在花园里干活通常是安全的。
- 请告诉您的医生或抗凝诊所的药剂师或护士您当前做的运动是什么。他们会告诉您在服用达比加群的同时继续做这些运动是否安全。



每当您开始或停止服用任何处方药或非处方药、草药产品或维生素补充剂时，请致电告知您的医生或抗凝诊所。

与达比加群产生药物相互作用会增加出血风险。

问：如果我生病了怎么办？

答：如果您生病了并且无法服用达比加群，请致电您的医生或抗凝诊所。请参阅在第3页的段落“如果我漏服了一剂药怎么办？”。

问：如果我怀孕了，可以服用达比加群吗？

答：我们不知道达比加群如何影响怀孕或未出生的胎儿。如果您在服用达比加群期间怀了孕或计划怀孕，请**立即**致电您的医生，了解怀孕期间服用达比加群的益处和风险。

有疑问吗？

你的提问很重要。如果您有疑问或疑虑，请致电您的医生或医疗服务提供者。

抗凝诊所：

- **UWMC 华大医疗中心 – Montlake 蒙特湖院区：** 206.598.4874
- **UWMC 华大医疗中心 - Northwest 西北院区：** 206.668.1282
- **Harborview Medical Center 港景医疗中心：** 206.744.2976

下班时间以及周末和节假日，请致电 206.598.6190 并要求传呼 Anticoagulation Clinic pharmacist 抗凝诊所值班药剂师。

Treatment with Dabigatran

Pradaxa

This handout explains the medicine dabigatran, a drug that helps prevent and treat blood clots.

What is dabigatran?

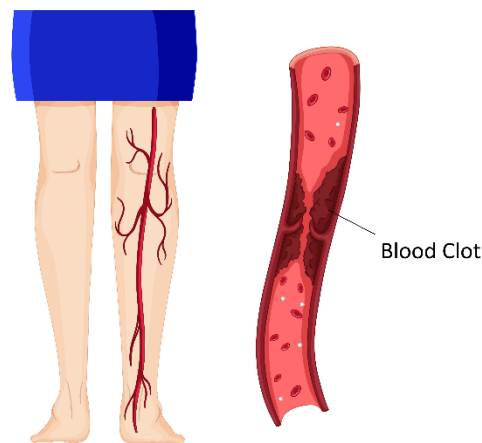
Dabigatran (brand name Pradaxa) is an *anticoagulant* medicine. “Anti” means against, and “coagulant” refers to blood clotting. An anticoagulant helps prevent clots from forming in your blood.

Sometimes dabigatran is called a “blood thinner,” but it does not really thin your blood. It works by keeping a natural part of your blood from forming clots.

Why am I taking it?

Your doctor has prescribed dabigatran to treat or prevent blood clots. You may have one of these conditions that can cause clots:

- **Atrial fibrillation:** If part of the heart does not beat the way it should, blood clots can form within the heart. Parts of these clots can break off, travel to the brain, and cause a stroke.
- **Surgery:** Blood clots may form after surgery, including surgery to replace a hip or knee.
- **Deep vein thrombosis (DVT) and pulmonary embolism (PE):** A DVT is a blood clot that forms in a vein, usually in the legs. A PE is a clot that is in the lung.



A blood clot inside a vein.

How does dabigatran work?

Many things must happen inside the body for a blood clot to form. Natural parts of the blood called *clotting factors* are involved in this process.

Dabigatran blocks one of these clotting factors, called *thrombin*. Dabigatran can help stop clots from forming and can keep clots from getting larger, but it does not break up clots that already exist.

How long does dabigatran take to work?

Dabigatran begins to reduce blood clotting within a few hours after you take the first dose. If you stop taking dabigatran, its effects on clotting begin to wear off within 24 hours for most people.



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How much dabigatran should I take?

Dabigatran comes in 75 mg, 110 mg, and 150 mg tablets. Your doctor will decide which dose is right for you. Your dose will depend on how well your kidneys are working, and other medicines you take. These are the usual doses for the 3 common conditions:

- **Atrial fibrillation:** 150 mg, 2 times a day
- **After surgery:** 110 mg, 2 times a day
- **DVT and PE:** 150 mg, 2 times a day

How should I take dabigatran?

Dabigatran capsules come in a bottle or in a *blister package*. This type of packaging allows you to remove just 1 capsule at a time. When it is time to take your dose of dabigatran:

- Remove **only** your prescribed dose from your open bottle or blister package. Unused pills must be protected from moisture in the air.
- **Tightly close the bottle right away** after removing your dose.
- **Keep dabigatran in the original bottle or blister package.** Do not put dabigatran in pillboxes or pill organizers.
- Swallow dabigatran **whole** with a full glass of water:
 - **Do not break, crush or chew the capsule.**
 - Do **not** open the capsule to sprinkle the medicine on food or into drinks.
 - Talk with your doctor if you have trouble swallowing capsules.
- You can take dabigatran with or without food.
- Open and use only 1 bottle of dabigatran at a time.
- After you open a bottle, you must use the medicine within 4 months. If you do not finish the bottle within 4 months, it must be safely thrown away (see the last bullet under “How do I store dabigatran” on page 2). Then you need to start a new bottle.
- Take dabigatran exactly as prescribed by your doctor. Take it at the same time each day, in the morning and at night.
- Do **not** stop taking dabigatran unless your doctor tells you to.

How do I store dabigatran?

- Keep dabigatran in the bottle or blister package it came in. This protects the capsules from moisture in the air.
- Store the bottle or blister package at room temperature. Do **not** keep it in the kitchen or bathroom.
- Tightly close the bottle of dabigatran **right away** after you take your dose.
- Keep all medicines in a safe place, out of the reach of children and pets.
- Put unused or expired medicines in the trash. Do **not** flush them down a toilet or pour them down a drain, unless you are told to do so. Ask your pharmacist about the best way to throw away extra medicines.

What should I do if I miss a dose?

Try not to miss any doses of dabigatran. If you do miss a dose:

- If your next dose is **6 or more hours away**, take the missed dose as soon as you remember.
- If your next dose is **less than 6 hours away**, skip the missed dose.
- **Never** take 2 doses of dabigatran at the same time.

If you take too much dabigatran, call your doctor right away or go to the nearest emergency room.

Do I need refills?

Do **not** run out of dabigatran. Refill your prescription **before** you run out. The clot-fighting effects begin to wear off if you miss 2 or more doses in a row. **This can be very dangerous.**

What are the side effects of dabigatran?

Light bleeding is normal with dabigatran. Heavy bleeding is more serious.

Light Bleeding

You may have any of these symptoms from time to time:

- Gums bleeding when you brush your teeth
- Nosebleeds
- Easy bruising
- More bleeding than normal from small cuts
- Longer or heavier menstrual bleeding

Heavy Bleeding

Dabigatran can also cause severe bleeding that could lead to death (see “When to Call Your Doctor” below). **If you start to bleed, there is a medicine that can reverse the effects of dabigatran. Call your doctor or go to the emergency room right away.** Your doctor may also treat you with blood transfusions and other methods.

Other Side Effects

Other common side effects of dabigatran are:

- Stomach upset
- Belly pain
- Indigestion

When to Call Your Doctor

Call your doctor or go to the nearest emergency room right away if you have:

- Sudden weakness in an arm or leg
- Sudden numbness or tingling anywhere in your body
- Changes in eyesight or not being able to see out of one or both eyes
- Suddenly having slurred speech or not being able to speak
- Dizziness or faintness
- New pain, swelling, redness, or heat in your arm, leg, or foot
- New shortness of breath or chest pain
- A serious fall or hit your head
- Any bleeding that does not stop or is very heavy
- Signs of **serious bleeding**:
 - Bleeding in your eyes
 - Red or dark brown urine
 - Red or black tarry stool
 - Vomiting or coughing up blood (vomit may look like coffee grounds)
 - Severe headache or stomachache
 - Bruises that appear for no known reason
 - Nosebleeds, bleeding gums, or unusual bleeding that keeps happening

Does dabigatran affect how any other medicines work?

You may have a higher risk of bleeding if you take dabigatran and other medicines that also lower your blood's ability to form clots. If you are taking dabigatran, **do NOT take any of these medicines without first checking with your doctor or anticoagulation clinic:**

- Aspirin or products that contain aspirin, such as Alka-Seltzer, Bayer, Bufferin, Excedrin, Nyquil, and Pepto-Bismol
- Ibuprofen (Motrin, Advil) and other *non-steroidal anti-inflammatory drugs* (NSAIDs) such as celecoxib (Celebrex), diclofenac (Cataflam, Voltaren), indomethacin (Indocin), ketoprofen (Actron, Orudis), meloxicam (Mobic), nabumetone (Relafen), naproxen (Aleve, Naprosyn, and others), and piroxicam (Feldene)
- Warfarin (Coumadin)
- Medicines that contain heparin
- Clopidogrel (Plavix), prasugrel (Effient), ticagrelor (Brilinta)
- Rivaroxaban (Xarelto), apixaban (Eliquis), edoxaban (Savaysa), betrixaban (Bevyxxa)

Other drugs may also affect how dabigatran works in your body. You must tell your doctor or anticoagulation clinic whenever you start or stop any medicine. This includes medicines you buy without a prescription, herbal products, and vitamins.

Who should I tell I am taking dabigatran?

Tell **all** your healthcare providers that you are taking dabigatran. This includes your doctors, dentist, and all pharmacists where you have prescriptions filled. Being on dabigatran may affect how they care for you in certain medical situations.

Carry a wallet card that says you take dabigatran. You may also want to wear a medical alert bracelet or necklace that will tell emergency health care providers that you take dabigatran.

Are there any times I should stop taking dabigatran?

- Your doctor may tell you to stop taking dabigatran for 1 or more days before medical or dental procedures, including surgery.
- You **must** stop taking dabigatran before any procedure that uses an *epidural catheter*. This is a tube that is placed in your back for pain medicine and anesthesia.
- If you need to stop taking dabigatran for any reason, call the doctor who prescribed it for you. Find out when you should stop taking it. This doctor will also tell you when to start taking dabigatran again after your surgery or procedure.



Remember to tell all your healthcare providers that you are taking dabigatran. If you must stop dabigatran for any reason, tell the doctor who prescribed dabigatran for you.

Questions You May Have While Taking Dabigatran

Q. Do I need to have regular blood tests?

You do **not** need to have routine blood testing to check the amount of dabigatran in your body. But the dose of dabigatran is based on how well your kidneys are working. Because of this, your doctor may want you to have a blood test from time to time to check the health of your kidneys. You may also need yearly blood counts and liver function tests.

Q. Can I drink alcohol?

It is best to avoid alcohol while taking dabigatran. Alcohol can increase the risk of bleeding in your stomach and intestines.

If you do drink alcohol, do not have more than 1 drink a day, and no more than 2 drinks at a time every now and then. One drink = 1 beer, **or** 1 glass of wine, **or** 1 cocktail, **or** 1 shot.

Q. Should I limit activities?

Since dabigatran increases your risk of bleeding:

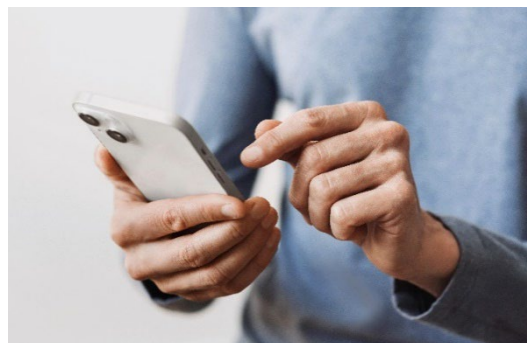
- Avoid activities that could cause an injury. It is usually safe to walk, jog, swim, and work in the garden.
- Tell your doctor or anticoagulation clinic pharmacist or nurse what your current activities are. They will tell you if it is safe to keep doing these while taking dabigatran.

Q. What if I get sick?

Call your doctor or anticoagulation clinic if you get sick and cannot take your dabigatran. See “What should I do if I miss a dose?” on page 3.

Q. Can I take dabigatran if I am pregnant?

We do not know how dabigatran affects pregnancy or unborn babies. If you become pregnant or plan to become pregnant while taking dabigatran, call your doctor **right away** to talk about the benefits and risks of taking dabigatran while you are pregnant.



Call your doctor or the anticoagulation clinic whenever you start or stop any prescription or over-the-counter medicine, herbal product, or vitamin supplement.

Drug interactions with dabigatran can increase your risk of bleeding.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Anticoagulation Clinics:

- **UWMC – Montlake:** 206.598.4874
- **UWMC – Northwest:** 206.668.1282
- **Harborview Medical Center:** 206.744.2976

After hours and on weekends and holidays, call 206.598.6190 and ask for the Anticoagulation Clinic pharmacist on call to be paged.