

Heart Center, PC
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INSTRUCTIONS FOR PATIENTS TAKING XARELTO

- These are serious medications. They are to be taken as instructed. Xarelto is 1x daily with dinner. It is very important not to miss a dose! (This means making sure you do not run out of samples or refills as well.)
- While taking any of the medications listed above a patient should stop the following supplements: fish oil, krill oil, vitamin E, garlic, and bromelaine.
- If you are taking a supplement that claims to have anti-inflammatory properties it must be approved by the doctor first.
- Prescription and over the counter anti-inflammatory medications (such as Celebrex, meloxicam, Advil, ibuprofen, Aleve, naproxen, etc...) should not be taken in conjunction with these anticoagulants as they are well known to cause stomach ulcers and will likely cause a bleeding ulcer which can be dangerous. *Tylenol is ok to take with these anticoagulants since it is a pain reliever but not an anti-inflammatory.*
- These medications are “blood thinners”. For this reason we ask that you monitor yourself for signs of bleeding and report them if they happen. Watch for unusually bloodshot eyes, bloody nose, bleeding gums when brushing your teeth, coughing up blood, blood tinged urine, bright red blood with a bowel movement, or a dark/black/tarry stool. Also watch for unusual bruising.
- While taking these medications we will monitor your blood count, kidney function, and liver function via blood tests, and periodically we may order a stool test. This is to ensure you are safe to continue taking the medication.
- If you need to have surgery or any type of invasive procedure that would require you to stop a blood thinning medication you must contact the office and get permission from the doctor to hold the medication.

Thank you for your compliance with these guidelines!
Call us if you have any questions.