

Apixaban (Eliquis®) (Chinese)

什么是阿哌沙班 (Eliquis®)?

What is apixaban (Eliquis®)?

- 阿哌沙班是个血液稀释药物. 这药物的商品名也称为 Eliquis®
- Apixaban is a blood thinner medication. This medication is also called by its brand name, Eliquis®.
- 阿哌沙班 (Eliquis®) 用于降低患有异常心律 (称为心房纤颤)、曾出现血栓或做过骨科手术的人发生出现血栓和中风的风险。
- Apixaban (Eliquis®) is used to reduce the risk of blood clots and stroke in people with an abnormal heart rhythm (called atrial fibrillation), in people who have had a blood clot, or in people who have had orthopedic surgery.
 - 血栓能堵塞血管, 切断该区域的血液供应。
 - Blood clots can block a blood vessel, cutting off blood supply to the area.
 - 在极少数的情况下, 血栓会破裂成片并进入血液循环。这些碎片可能会卡在心脏部位 (导致心脏病发作)、肺部 (导致肺栓塞) 或脑部 (导致中风)。
 - Rarely, clots can break into pieces and travel in the bloodstream. Those pieces may get stuck in the heart (causing a heart attack), the lungs (causing a pulmonary embolus), or in the brain (causing a stroke).

- 如果您之前在使用华法林 (Coumadin®) 且现在开始使用阿哌沙班 (Eliquis®), 请勿继续使用华法林。阿哌沙班 (Eliquis®) 是替代华法林(Coumadin®)。



阿哌沙班 (Eliquis®)
5mg 和 2.5mg 的药片
Eliquis® tablets

5 mg and 2.5 mg

- If you were taking warfarin (Coumadin®) and you are starting to take apixaban (Eliquis®), do not continue taking warfarin. Apixaban (Eliquis®) replaces warfarin.

我应如何服用阿哌沙班 (Eliquis®)?

How should I take apixaban (Eliquis®)?

- 请准确按照医生规定的方式服用阿哌沙班 (Eliquis®)。
- Take apixaban (Eliquis®) exactly as prescribed by your doctor.
- 阿哌沙班 (Eliquis®) 可与食物一起服用, 亦可单独服用。
- You can take apixaban (Eliquis®) with or without food.
- 如果您忘记服药: 在当天想起此事时请尽快补服。请勿为了弥补忘记服的药而服用双倍剂量。
- If you miss a dose, take the dose as soon as you remember on the same day. Do not take a double dose to make up for missing a dose.
- 请勿在未告知您医生的情况下突然停止服用阿哌沙班 (Eliquis®)。否则您将可能出现中风或形成血栓的风险。

- Do not stop taking apixaban (Eliquis®) suddenly without telling your doctor. This can put you at risk of having a stroke or a blood clot.
- 如果您过量服用阿哌沙班 (Eliquis®)，请致电您医生或抗凝诊所。如果您出现了无法止住的出血，请前往最近的急诊室(ER)。
- If you take too much apixaban (Eliquis®), call your doctor or the Anticoagulation Clinic. If you are experiencing any bleeding which you cannot get to stop, go to the nearest emergency room (ER).

我应如何存放阿哌沙班 (Eliquis®)?

How should I store apixaban (Eliquis®)?

- 请将它存放于常温干燥处（避免存放于卫生间）。

Store this medication at room temperature in a dry area. Avoid storing it in the bathroom.

我该知道服用阿哌沙班 (Eliquis®)有哪些风险?

What should I know about the risks of taking apixaban (Eliquis®)?

- 阿哌沙班 (Eliquis®) 能增加您出血的风险，因为它可减弱您身体的凝血功能。在服用阿哌沙班 (Eliquis®) 期间，您可能更容易瘀伤并可能需要更长时间才能止血。
- Apixaban (Eliquis®) can increase your risk of bleeding because it reduces your blood' s ability to clot. While you take apixaban (Eliquis®), you may bruise more easily and it may take longer for bleeding to stop.

- 阿哌沙班 (Eliquis®) 造成的出血可能会是严重的。如果您服用阿哌沙班 (Eliquis®) 且符合以下情况, 则您出血的风险可能更高:
- Apixaban (Eliquis®) can cause bleeding which can be serious. You may have a higher risk of bleeding if you take apixaban (Eliquis®) and:
 - 年满 75 岁以上
 - You are over 75 years old.
 - 患有肾脏疾病
 - You have kidney problems.
 - 最近出现或复发(消失了然后又出现)胃或肠道出血。
 - You have stomach or intestine bleeding that is recent or recurs (goes away and then comes back).
 - 您患有胃溃疡
 - You have a stomach ulcer.
 - 您服用其他药物可能导致出血几率升高, 包括:
 - You take other medications that increase your risk of bleeding, including:
 - 阿司匹林或含阿司匹林的药物。
 - Aspirin or products that contain aspirin
 - 长期服用非甾体抗炎药 (Non-steroidal Anti-inflammatory Drugs, NSAIDs), 包括布洛芬及萘普生。
 - Long-term use of non-steroidal anti-inflammatory drugs (NSAIDs), including ibuprofen and naproxen
 - 氯吡格雷 (Plavix®)、普拉格雷 (Effient®) 或替格瑞洛 (Brilinta®)。

- Clopidogrel (Plavix®), prasugrel (Effient®), or ticagrelor (Brilinta®)
- 所有含肝素的药物。
- Any medication that contains heparin

服用阿哌沙班 (Eliquis®) 后可能出现哪些不良反应?

What are the possible side effects of apixaban (Eliquis®)?

- 阿哌沙班 (Eliquis®) 能增加您出血的风险，因为它可减弱您身体的凝血功能。在服用阿哌沙班 (Eliquis®) 您可能更容易瘀血并需要更长时间才能止血。
- Apixaban (Eliquis®) can increase your risk of bleeding because it reduces your blood' s ability to clot. While you take apixaban (Eliquis®), you may bruise more easily and it may take longer for bleeding to stop.
- 部分人群服用阿哌沙班 (Eliquis®) 后可能出现过敏反应，包括荨麻疹、皮疹和瘙痒。如果您出现以下任一严重过敏反应，请立即寻求医疗救助：
 - 胸痛或胸闷
 - Chest pain or chest tightness
 - 面部或舌头肿胀
 - Swelling of your face or tongue
 - 呼吸困难或气喘
- For some people, apixaban (Eliquis®) can cause symptoms of an allergic reaction, including hives, rash, and itching. Get medical help immediately if you get any of these symptoms of a serious allergic reaction:

- Trouble breathing, or wheezing
- 感到头晕或即将晕厥
- Feeling dizzy or faint

我应该何时致电我的医生或抗凝诊所?

When should I call my doctor or the Anticoagulation Clinic?

如果有下列状况, 打电话给您的医生或打给我们

Call your doctor, or call us, if:

- 在您开始或停止使用任何药物的时候 (包括非处方药物或草药补品) 。因为它可能影响阿哌沙班的服用效果。
- You start or stop any medications, including over-the-counter medications or herbal supplements. These may affect the way apixaban (Eliquis®) works.
- 您将进行外科手术或其他医疗程序时, 因为您需在手术前暂时停止服用阿哌沙班 (Eliquis®) 。请勿在未告知您医生的情况下停止服用阿哌沙班 (Eliquis®) 。
- You are having a surgery or a procedure, as you may need to stop taking apixaban (Eliquis®) for a short period of time before your procedure. Do not stop taking apixaban (Eliquis®) without talking with your doctor first.
- 在您需要补购药物的时候 (在您快要服用完阿哌沙班 (Eliquis®) 之前告知您的医生, 以避免药量不足) 。
- You need a medication refill. Try to tell your doctor before you are out of apixaban (Eliquis®) so you do not run out.

- 在您无法负担阿哌沙班 (Eliquis®) 费用或担心会付不起的时候。
- You' re unable to pay for apixaban (Eliquis®), or you' re concerned about not being able to cover the cost.
- 在您意外出血或长时间出血的时候, 例如:
- You have any unexpected bleeding or bleeding that lasts a long time, such as:
 - 牙龈异常出血
 - Unusual bleeding from the gums
 - 频繁流鼻血
 - Nose bleeds that happen often
 - 月经(经期)或阴道出血量异常多
 - Menstrual (period) or vaginal bleeding that is heavier than normal
 - 尿中有血 (尿液呈红色或咖啡或可乐的颜色)
 - Blood in your urine (pee that is red or the color of coffee or cola)
 - 出现未知原因的瘀血或瘀血范围增大
 - Bruises that happen without a known cause, or bruises that get larger

我应该何时寻求紧急医疗救助?

When should I get emergency help?

如果您出现以下任一严重情况, 请立即致电 911:

Call 911 immediately if you have any of the following serious conditions:

- 如果您出现以下任何严重出血的体征和症状:

- You have any signs or symptoms of serious bleeding:
 - 出血情况严重或您无法止血
 - Severe bleeding, or bleeding you can't control
 - 大便呈红色或黑色（大便呈沥青状）
 - Red or black stools (poop that looks like tar)
 - 咳血或咳血块
 - Coughing up blood or blood clots
 - 呕吐出血或您的呕吐物看起来像“咖啡渣”
 - Vomiting up blood, or if your vomit looks like coffee grounds
 - 鼻子或牙龈流血不止
 - Uncontrolled bleeding from your nose or gums
 - 割伤不能止血
 - Cuts that will not stop bleeding
- 如果您出现以下任一中风体征和症状：
 - 头晕、突发性视力丧失或突发性严重头疼
 - Dizziness, sudden loss of vision, or a sudden severe headache
 - 任何一个手臂或腿麻木或无力
 - Numbness or weakness in any arm or leg
 - 说话困难或口齿不清
 - Trouble speaking, or slurred speech
 - 面部一侧下垂

- Drooping on one side of your face
- 如果您出现以下任一血栓体征和症状:
- You have signs or symptoms of blood clots:
 - 突发性严重呼吸短促
 - Sudden severe shortness of breath
 - 胸痛
 - Chest pain
 - 任何一个手臂或腿肿胀、泛红、发热或疼痛
 - Swelling, redness, heat or pain in any arm or leg

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