

达比加群酯 (Pradaxa®)

Dabigatran (Pradaxa®) (Chinese)

什么是达比加群酯 (Pradaxa®)?

What is dabigatran (Pradaxa®)?

- 达比加群酯是个血液稀释药物。 这药物的商品名也称为 Pradaxa®.
- Dabigatran is a blood thinner medication. This medication is also called by its brand name, Pradaxa®.
- 达比加群酯 (Pradaxa®) 用于降低患有异常心律 (称为心房纤颤)、或曾出现血栓的人出现血栓和中风的风险。。
- Dabigatran (Pradaxa®) is used to reduce the risk of blood clots and stroke in people with an abnormal heart rhythm (called atrial fibrillation) or in people who have had a blood clot.
 - 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).
- **如果您之前在使用过华法林 (warfarin) 且现在开始使用达比加群酯 (Pradaxa®), 请勿继续使用华法林/ Coumadin®。达比加群酯 (Pradaxa®) 是替代华法林/Coumadin®。**
- **If you were taking warfarin (Coumadin®) and you are starting to take dabigatran (Pradaxa®), do not continue taking warfarin. Dabigatran (Pradaxa®) replaces warfarin.**



Pradaxa 75 毫克胶囊

Pradaxa® 75 mg capsule



Pradaxa 150 毫克胶囊

Pradaxa® 150 mg capsule

我应如何服用达比加群酯 (Pradaxa®)?

How should I take dabigatran (Pradaxa®)?

- 请准确按照医生规定的方式服用达比加群酯 (Pradaxa®)。
- Take dabigatran (Pradaxa®) exactly as prescribed by your doctor.
- 达比加群酯 (Pradaxa®) 可与食物一起服用，亦可单独服用。

- You can take dabigatran (Pradaxa®) with or without food.
- 将胶囊整个吞下。请勿弄破胶囊、咀嚼胶囊或清空胶囊里的药物成分。
- Swallow the capsule whole. Do not break, chew, or empty the pellets from the capsule.
- 如果您忘记服药, 遵循这些指示:
- If you miss a dose, follow these instructions:
 - 如果距离您下次服用时间大于 6 小时: 请尽快在记起来时服用一剂。
 - If it is more than 6 hours until your next scheduled dose, take the dose as soon as you remember.
 - 如果距离您下次服用时间不足 6 小时: 请勿再补服, 到下次正常服药时间再服用。
 - If it is less than 6 hours until your next schedule dose, skip the missed dose and continue with your normal dosing schedule.
 - 请勿为了弥补忘记服的药而服用双倍剂量的达比加群酯。
 - Do not take a double dose of dabigatran 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达比加群酯 (Pradaxa®)。否则您将可能出现中风或出现血栓。
- Do not stop taking dabigatran (Pradaxa®) suddenly without telling your doctor. This can put you at risk of having a stroke or a blood clot.
- 如果您过量服用达比加群酯 (Pradaxa®), 请致电您的医生或抗凝诊所。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 dabigatran (Pradaxa®), 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).

我应如何存放达比加群酯 (Pradaxa®)?

How should I store dabigatran (Pradaxa®)?

- 达比加群酯 (Pradaxa®) 可能是整瓶装或按剂量分装 (亦称作泡罩包装)。请原装保存达比加群酯, 以保护它不受潮(变湿)。请勿将达比加群酯胶囊存放于或置于其他容器, 例如药盒或药丸分类盒。
- You may get your dabigatran (Pradaxa®) medication in a bottle or in individually separated doses (called blister packs). Keep the medication in its original container to protect it from moisture (getting wet). Do not store or place dabigatran capsules in any other container, like pill boxes or pill organizers.
- 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.

我该知道服用达比加群酯 (Pradaxa®) 有哪些风险?

What should I know about the risks of taking dabigatran (Pradaxa®)?

- 达比加群酯 (Pradaxa®) 可能增加您出血的风险, 因为它可减弱您身体的凝血功能。服用达比加群酯 (Pradaxa®) 的期间, 您可能更容易瘀血并可能需要更长时间才能止血。
- Dabigatran (Pradaxa®) can increase your risk of bleeding because it reduces your blood' s ability to clot. While you take dabigatran (Pradaxa®), you may bruise more easily and it may take longer for bleeding to stop.
- 达比加群酯 (Pradaxa®) 造成的出血可能会是严重的。如果您服用达比加群酯 (Pradaxa®) 并且符合以下情况, 则您出血的风险可能更高:
- Dabigatran (Pradaxa®) can cause bleeding which can be serious. You may have a higher risk of bleeding if you take dabigatran (Pradaxa®) 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

服用达比加群酯 (Pradaxa®) 后可能出现哪些不良反应?

What are the possible side effects of dabigatran (Pradaxa®)?

- 达比加群酯 (Pradaxa®) 可能增加您出血的风险, 因为它可减弱您身体的凝血功能。服用达比加群酯 (Pradaxa®) 的期间, 您可能更容易瘀血并需要更长时间才能止血。
- Dabigatran (Pradaxa®) can increase your risk of bleeding because it reduces your blood's ability to clot. While you take dabigatran (Pradaxa®), you may bruise more easily and it may take longer for bleeding to stop.
- 常见不良反应包括胃痛、反胃或胃灼热。
- Common side effects include stomach pain, upset stomach, or heartburn.
- 部分人群服用达比加群酯 (Pradaxa®) 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：

- For some people, dabigatran (Pradaxa®) 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:
 - 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
 - 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?

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）。因为它可能影响达比加群酯 (Pradaxa®) 的服用效果。
- You start or stop any medications, including over-the-counter medications or herbal supplements. These may affect the way dabigatran (Pradaxa®) 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达比加

群酯 (Pradaxa®) 。请勿在未告知您医生的情况下停止服用达比加群酯。

- You are having a surgery or a procedure, as you may need to stop taking dabigatran (Pradaxa®) for a short period of time before your procedure. Do not stop taking dabigatran (Pradaxa®) without talking with your doctor first.
- 在您需要补购药物的时候（在您快要服用完达比加群酯 (Pradaxa®) 之前告知医生，以避免药量不足）。
- You need a medication refill. Try to tell your doctor before you are out of dabigatran (Pradaxa®) so you do not run out.
- 在您无法负担达比加群酯 (Pradaxa®) 费用或担心会付不起的时候。
- You' re unable to pay for dabigatran (Pradaxa®), 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（大便如沥青一样）
 - 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：

- You have any signs or symptoms of a stroke:
 - 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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作者： Elizabeth Renner, PharmD

审稿员： Nghi Ha, PharmD

编辑： Brittany Batell, MPH MSW

Author: Elizabeth Renner, PharmD

Reviewer: Nghi Ha, PharmD

Edited by: Brittany Batell, MPH MSW

翻译： 密西根医学部翻译服务

Translation: Michigan Medicine Interpreter Services

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