

Shared Decision- Making Tool

Low dose rivaroxaban plus aspirin for prevention of cardiovascular events

You have been given this leaflet because you have blood circulation problems. The addition of a medicine called rivaroxaban, taken with aspirin, to your current medications may reduce your risk of further problems such as heart attacks and strokes.

Rivaroxaban is a medicine which thins your blood. This helps prevent blood clots which cause heart attacks and strokes. The downside is that when your blood is thinner, you are more likely to bleed.

Your health care professional will help you decide what is best with you, so that you can understand the benefits and risks of taking this medicine.

The benefit of taking rivaroxaban is that you have less chance of blood clots. The risk of taking rivaroxaban is bleeding, which can sometimes be serious bleeding, especially in the stomach.

The information in the table is taken from a study of over 27,000 people with a history of heart attacks, strokes or peripheral vascular disease, over 2 years.

	Number of Strokes or Heart Attacks	Number of Bleeding Events requiring hospital admission	Overall number of deaths after 2 years
Aspirin alone	Just over 5 out of 100 (5.44%)	Nearly 2 out of 100 (1.8%)	Just over 4 out of 100 (4.14%)
Aspirin + Rivaroxaban	Just over 4 out of 100 (4.14%)	Just over 3 out of 100 (3.14%)	Between 3 and 4 out of 100 (3.42%)

Other factors changing your individual risk

The table above is only about the use of the medicine rivaroxaban but there are other things that can affect your risks of bleeding and your chances of having a heart attack or stroke.

What can increase my bleeding risk?	What can reduce my chances of a blood clot?
Taking other medicines which thin your blood	Give up smoking (many other benefits)
Past history of bleeding from internal organs	Eating a Mediterranean Diet
Significant liver disease or kidney disease	Taking regular exercise (many other benefits)
If blood pressure is very high	Keeping your blood pressure low
Age older than 74 years	Keeping a normal body weight
Body weight less than 60kg (9 ½ stones)	Treating high cholesterol or blood sugar
Excessive alcohol intake	Less than 14 units of alcohol per week