

I'm having
Hip or Knee
Replacement Surgery



Your guide to
XARELTO® (rivaroxaban)

Janssen
CarePath

XARELTO® can cause bleeding which can be serious, and rarely may lead to death. This is because XARELTO® is a blood thinner medicine that reduces blood clotting. While you take XARELTO®, you are likely to bruise more easily and it may take longer for bleeding to stop. You may have a higher risk of bleeding if you take XARELTO® and take other medicines that increase your risk of bleeding.

Please see accompanying full Prescribing Information for XARELTO®, including Boxed Warnings and Medication Guide, and Important Safety Information.



Here's some help for what's ahead

If you're having hip or knee replacement surgery, you probably have a lot of questions. This brochure can help fill in some of the blanks. It can give you an idea of what to expect before, during, and after surgery to help you plan ahead.

You'll also learn why hip or knee replacement surgery increases your risk for blood clots, and how XARELTO[®] works to help prevent them after surgery. In addition, you'll find Important Safety Information that you should know.

The information provided here is meant as an educational resource only, and does not take the place of discussion with your healthcare professional.

Visit [Xarelto.com](https://www.xarelto.com) for your Patient Journal, videos, and more information about what to expect with hip or knee replacement surgery

What is XARELTO[®]?

XARELTO[®] is a prescription medicine used to reduce the risk of forming a blood clot in the legs and lungs of people who have just had hip or knee replacement surgery.

Select Important Safety Information

XARELTO[®] can cause bleeding which can be serious, and rarely may lead to death. This is because XARELTO[®] is a blood thinner medicine that reduces blood clotting. While you take XARELTO[®], you are likely to bruise more easily and it may take longer for bleeding to stop.

You may have a higher risk of bleeding if you take XARELTO[®] and take other medicines that increase your risk of bleeding.

Call your doctor or get medical help right away if you develop any signs or symptoms of bleeding.

To learn more about these and other risks, please see the additional Important Safety Information on pages 14-18. **Please see accompanying full Prescribing Information, including Boxed Warnings and Medication Guide.**

Should I be concerned about blood clots?



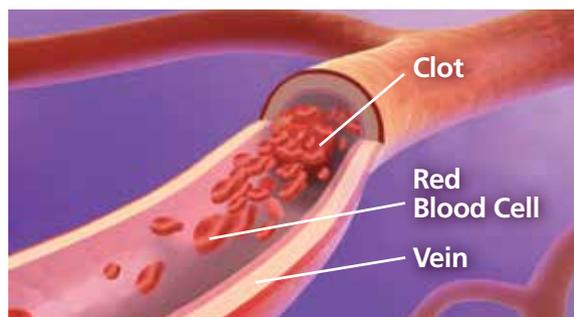
Blood clot risk and hip or knee replacement surgery

Hip or knee replacement surgery may help you live a more active, pain-free life. However, like any surgery, it has risks. One risk is that blood clots may form in blood vessels. That's because surgery makes the body's clotting processes more active. And after surgery, the lack of movement from being in bed for a long time can slow blood flow. Some people are at an even higher risk, based on medical history, age, and medications they take.

Two types of blood clots you should know about

- ◆ A clot in a deep vein of the body, usually in the lower leg or thigh, is called a deep vein thrombosis (DVT). Many times, people with DVT may not even know they have it. DVT is a serious condition that can lead to pulmonary embolism (PE).
- ◆ PE occurs when a blood clot breaks off and travels to the lungs. This can cause you to have trouble breathing, chest pain, and blackouts. If you have any of these symptoms, call 911 or get to an emergency room right away.

Blood clots cause damage by blocking blood flow





I was given
a prescription
for XARELTO®

XARELTO® (rivaroxaban) and blood clot prevention

Blood clots may be serious, but there are steps you can take to lower your risk. One way to help do that is by taking anticoagulant medicines (also called anticlotting or blood-thinner medicines).

XARELTO® is a prescription medicine used to reduce the risk of forming a blood clot in the legs and lungs of people who have just had hip or knee replacement surgery.

How to take XARELTO®

- ◆ Take XARELTO® exactly as prescribed by your doctor. **Do not change your dose or stop taking XARELTO® unless your doctor tells you to**
- ◆ XARELTO® is taken once a day, **with or without food**
- ◆ When getting ready to leave the hospital following a hip or knee replacement, be sure that you will have XARELTO® available to avoid missing any doses. Do not run out of XARELTO®. Refill your prescription of XARELTO® before you run out

Help for people who don't have prescription coverage for XARELTO®

The Johnson & Johnson Patient Assistance Foundation, Inc., may be able to help if you meet certain eligibility requirements. For more information, visit www.JJPAF.org or call 1-800-652-6227, Monday – Friday, 9:00 AM – 6:00 PM, ET.

You'll find a comprehensive list of additional programs to help with your medication costs at JanssenPrescriptionAssistance.com/Xarelto.

Select Important Safety Information

If you miss a dose of XARELTO®, take it as soon as you remember on the same day and continue with your next regularly scheduled dose.

To learn more about these and other risks, please see the additional Important Safety Information on pages 14-18. **Please see accompanying full Prescribing Information, including Boxed Warnings and Medication Guide.**

How can I prepare before my surgery?



Here are some tips that may help you get ready

See your dentist

Complete any necessary dental work before surgery. If dental work is done too close to your surgery date, germs from your mouth may enter your blood and cause infection.

Talk to your doctors

Tell any specialists you see for other conditions about your surgery and medications you'll be taking.

Fill your prescriptions

While in the hospital, you will get medications from the staff. When you leave, you may need to have other prescriptions already filled for your recovery, such as antibiotics, pain medication, and blood thinners for helping to prevent clots. Talk to your doctor about filling these in advance.

Estimated timeline

Presurgery planning	1 to 2 months
Hospital stay	3 to 5 days
Full recovery – hip replacement	3 to 6 months
Full recovery – knee replacement	26 weeks

Arrange postdischarge care

If your doctor recommends an extended-care facility or rehabilitation center after surgery, you or your caregiver can visit to see which one suits your needs and to make arrangements. If your doctor recommends that a healthcare professional come to your home, you'll need to arrange that as well.

Coordinate physical therapy

Talk with a physical therapist if your surgeon recommends therapy. Your program may even start before surgery, with exercises to help speed recovery.

Get set up at home

Make sure furniture will be easy to get to, place items you'll need where you can reach them without bending, and remove rugs and electrical cords that may cause you to trip. That way, your home will be more comfortable and safe when you return from surgery.

Learn more about planning for surgery at [Xarelto.com](https://www.xarelto.com)

What can I expect during my hospital stay?



Presurgery

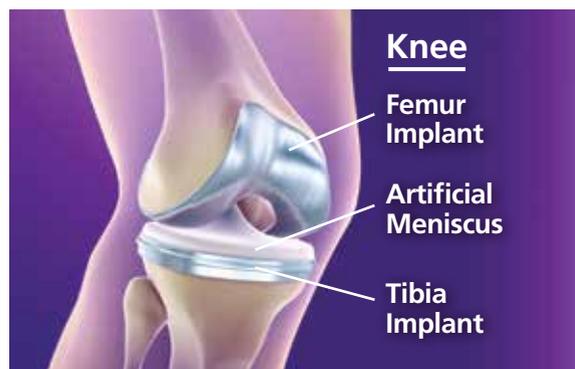
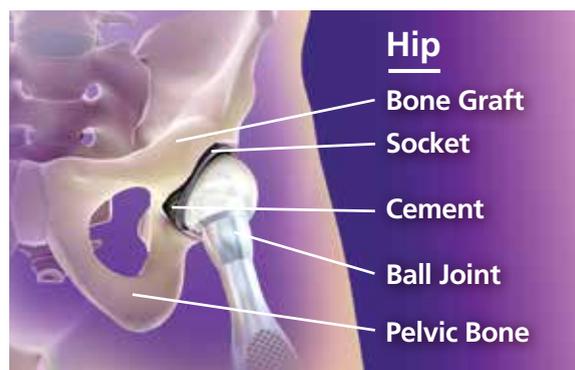
At the hospital, you'll first go to a presurgery area, where you'll change into a hospital gown. Nurses will monitor your heart rate, blood pressure, and other vital signs. A nurse will start an intravenous (IV) line for medications and fluids. Your surgeon and anesthesiologist will talk with you.

Surgery

Hip replacement surgery usually takes 1 to 3 hours. Your surgeon removes the head of your thigh bone, and the surface of the old socket is cleaned out. A new hip socket is placed in the pelvis (hip bone), and the implant stem is put into the thigh bone. The socket and ball are then connected.

Knee replacement surgery usually takes around 2 hours. The ends of your thigh bone and lower leg bones are removed, and the underside of your kneecap is smoothed down. A new knee joint is attached to your upper and lower leg bones, and then to your kneecap.

After surgery, you will be moved to the recovery room. You should plan to be in the hospital for several days.



Learn more about what to expect at the hospital at Xarelto.com

What happens after my surgery?



In the hospital

Keep in mind that although healing begins right away, everyone is different, and your recovery may not be the same as someone else's. However, it is important that you follow the instructions of your care team as you begin your recovery.

Your nurse will teach you how to safely get out of bed, use the bathroom, get dressed, and shower or bathe. You'll be encouraged to start moving and walking. Many people can stand and walk the day after surgery, with a walker, crutches, or cane.

Rehab after the hospital

The rehab program you started in the hospital will continue through outpatient visits. You may go to physical therapy to strengthen your leg, and to occupational therapy to help you get back to your daily activities. Both will help give you a faster recovery and better results.

After you get home

Do:

- ◆ use a cane, crutches, handrails, a walker, or other assistive equipment for as long as your surgeon and physical therapist tell you to
- ◆ take all medicines as prescribed by your doctor, including XARELTO® (rivaroxaban)
- ◆ follow your recommended exercise program to restore movement and strengthen your hip or knee

Don't:

- ◆ drive until your doctor says it's okay
- ◆ engage in high-impact activities such as running or jumping
- ◆ hesitate to ask friends and family for help with everyday tasks, such as cleaning and shopping, for the first few weeks

Learn more about recovery and rehab at [Xarelto.com](https://www.xarelto.com)

Important Safety Information

WHAT IS XARELTO®?

XARELTO® is a prescription medicine used to reduce the risk of forming a blood clot in the legs and lungs of people who have just had knee or hip replacement surgery

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT XARELTO®?

• For people taking XARELTO® for atrial fibrillation:

People with atrial fibrillation (an irregular heart beat) are at an increased risk of forming a blood clot in the heart, which can travel to the brain, causing a stroke, or to other parts of the body. XARELTO® lowers your chance of having a stroke by helping to prevent clots from forming. If you stop taking XARELTO®, you may have increased risk of forming a clot in your blood.

Do not stop taking XARELTO® without talking to the doctor who prescribes it for you. Stopping XARELTO® increases your risk of having a stroke.

If you have to stop taking XARELTO®, your doctor may prescribe another blood thinner medicine to prevent a blood clot from forming.

- **XARELTO® can cause bleeding**, which can be serious, and rarely may lead to death. This is because XARELTO® is a blood thinner medicine that reduces blood clotting. While you take XARELTO® you are likely to bruise more easily and it may take longer for bleeding to stop.

You may have a higher risk of bleeding if you take XARELTO® and take other medicines that increase your risk of bleeding, including:

- Aspirin or aspirin-containing products

- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Warfarin sodium (Coumadin®, Jantoven®)
- Any medicine that contains heparin
- Clopidogrel (Plavix®)
- Selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs)
- Other medicines to prevent or treat blood clots

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is one listed above.

Call your doctor or get medical help right away if you develop any of these signs or symptoms of bleeding:

- Unexpected bleeding or bleeding that lasts a long time, such as:
 - Nosebleeds that happen often
 - Unusual bleeding from gums
 - Menstrual bleeding that is heavier than normal, or vaginal bleeding
- Bleeding that is severe or that you cannot control
- Red, pink, or brown urine
- Bright red or black stools (looks like tar)
- Cough up blood or blood clots
- Vomit blood or your vomit looks like “coffee grounds”
- Headaches, feeling dizzy or weak
- Pain, swelling, or new drainage at wound sites

Important Safety Information continued on next page.

Please see accompanying full Prescribing Information, including Boxed Warnings and Medication Guide.

Spinal or epidural blood clots (hematoma):

People who take a blood thinner medicine (anticoagulant) like XARELTO®, and have medicine injected into their spinal and epidural area, or have a spinal puncture, have a risk of forming a blood clot that can cause long-term or permanent loss of the ability to move (paralysis). Your risk of developing a spinal or epidural blood clot is higher if:

- A thin tube called an epidural catheter is placed in your back to give you certain medicine
- You take NSAIDs or a medicine to prevent blood from clotting
- You have a history of difficult or repeated epidural or spinal punctures
- You have a history of problems with your spine or have had surgery on your spine

If you take XARELTO® and receive spinal anesthesia or have a spinal puncture, your doctor should watch you closely for symptoms of spinal or epidural blood clots. Tell your doctor right away if you have back pain, tingling, numbness, muscle weakness, (especially in your legs and feet), or loss of control of the bowels or bladder (incontinence).

XARELTO® is not for patients with artificial heart valves.

WHO SHOULD NOT TAKE XARELTO®?

Do not take XARELTO® if you:

- Currently have certain types of abnormal bleeding. Talk to your doctor before taking XARELTO® if you currently have unusual bleeding.

- Are allergic to rivaroxaban or any of the ingredients of XARELTO®.

WHAT SHOULD I TELL MY DOCTOR BEFORE OR WHILE TAKING XARELTO®?

Before taking XARELTO®, tell your doctor if you:

- Have ever had bleeding problems
- Have liver or kidney problems
- Have any other medical condition
- Are pregnant or plan to become pregnant. It is not known if XARELTO® will harm your unborn baby. Tell your doctor right away if you become pregnant while taking XARELTO®. If you take XARELTO® during pregnancy, tell your doctor right away if you have bleeding or symptoms of blood loss.
- Are breastfeeding or plan to breastfeed. It is not known if XARELTO® passes into your breast milk. You and your doctor should decide if you will take XARELTO® or breastfeed.

Tell all of your doctors and dentists that you are taking XARELTO®. They should talk to the doctor who prescribed XARELTO® for you before you have any surgery, medical or dental procedure.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way XARELTO® works. Certain medicines may increase your risk of bleeding. **See “What is the most important information I should know about XARELTO®?”**

Especially tell your doctor if you take:

- Ketoconazole (Nizoral®)
- Itraconazole (Onmel™, Sporanox®)
- Ritonavir (Norvir®)

- Lopinavir/ritonavir (Kaletra®)
- Indinavir (Crixivan®)
- Carbamazepine (Carbatrol®, Equetro®, Tegretol®, Tegretol®-XR, Teril™, Epitol®)
- Phenytoin (Dilantin-125®, Dilantin®)
- Phenobarbital (Solfoton™)
- Rifampin (Rifater®, Rifamate®, Rimactane®, Rifadin®)
- St. John’s wort (*Hypericum perforatum*)

Ask your doctor if you are not sure if your medicine is one listed above. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

HOW SHOULD I TAKE XARELTO®?

Take XARELTO® exactly as prescribed by your doctor.

Do not change your dose or stop taking XARELTO® unless your doctor tells you to.

- Your doctor will tell you how much XARELTO® to take and when to take it.
- Your doctor may change your dose if needed.

If you take XARELTO® for:

- **Atrial Fibrillation:** Take XARELTO® 1 time a day with your evening meal. If you miss a dose of XARELTO®, take it as soon as you remember on the same day. Take your next dose at your regularly scheduled time.
- **Blood clots in the veins of your legs or lungs:**
 - Take XARELTO® once or twice a day as prescribed by your doctor.
 - Take XARELTO® with food at the same time each day.

Important Safety Information continued on next page.

– If you miss a dose of XARELTO®:

- **and take XARELTO® 2 times a day:**

Take XARELTO® as soon as you remember on the same day. You may take 2 doses at the same time to make up for the missed dose. Take your next dose at your regularly scheduled time.

- **and take XARELTO® 1 time a day:** Take XARELTO® as soon as you remember on the same day. Take your next dose at your regularly scheduled time.

- o **Hip or knee replacement surgery:** Take XARELTO® 1 time a day with or without food. If you miss a dose of XARELTO®, take it as soon as you remember on the same day. Take your next dose at your regularly scheduled time.
- If you have difficulty swallowing the tablet whole, talk to your doctor about other ways to take XARELTO®.
- Your doctor will decide how long you should take XARELTO®. Do not stop taking XARELTO® without talking to your doctor first.
- Your doctor may stop XARELTO® for a short time before any surgery, medical or dental procedure. Your doctor will tell you when to start taking XARELTO® again after your surgery or procedure.
- Do not run out of XARELTO®. Refill your prescription for XARELTO® before you run out. When leaving the hospital following a hip or knee replacement, be sure that you have XARELTO® available to avoid missing any doses.
- If you take too much XARELTO®, go to the nearest hospital emergency room or call your doctor right away.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF XARELTO®?

Please see “What is the most important information I should know about XARELTO®?”

Tell your doctor if you have any side effect that bothers you or that does not go away.

Call your doctor for medical advice about side effects. You are also encouraged to report side effects to the FDA: visit <http://www.fda.gov/medwatch> or call 1-800-FDA-1088. You may also report side effects to Janssen Pharmaceuticals, Inc., at 1-800-JANSSEN (1-800-526-7736).

Please see accompanying full Prescribing Information, including Boxed Warnings, and Medication Guide.

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Please see full Prescribing Information for XARELTO® (rivaroxaban), including Boxed Warnings and Medication Guide, and Important Safety Information inside.

Please read and discuss any questions you may have with your doctor.

Xarelto.com

1-888-XARELTO

(1-888-927-3586), Monday – Friday,
8:00 AM – 8:00 PM, ET

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