Anticoagulation Medicines (Blood Thinners)

My / My Child’s Medicine is __________________________________________________________

My / My Child’s Doctor is ___________________________________ Phone # ______________

What is Anticoagulation?
Sometimes called “blood thinners” helps prevent new blood clots from forming and keeps existing blood clots from getting worse.

Why is This Medicine Needed?
_________________________________________________________________________________________
_________________________________________________________________________________________

How Should Your Medicine Be Taken?
• Follow your doctor’s instructions on how much medicine to use and how often.

___________________________ Amount ____________________________ How Often?

• Do not stop taking your medicine unless told to do so by your doctor.

You / your child should take the medicine at the same time every day. If you / your child miss a dose, take it as soon as you remember. If you / your child miss more than one dose, notify your / your child’s doctor.

How Will I / We Know if the Medicine is Working?
Your / your child’s doctor will schedule you / your child for blood tests to check how well the medicine is working. Your / your child’s doctor may also change the dose of the medicine based on the test results.

The test I / my child needs is _____________ every __________ __ day(s) __ week(s)

What are the Side Effects of the Medicine?
Bleeding may occur since the blood is less able to clot. Look for signs of bleeding such as:

• Bruises or red spots on skin
• Black or tarry stools
• Blood in stools or urine
• Nose bleeds or coughing up blood

It will be harder to stop bleeding from cuts or injuries. Notify your / your child’s doctor immediately for any serious bleeding or injuries or go to the nearest Emergency Room.
Other Side Effects Include:

- Injection site pain or infection (if applicable)
- Upset stomach
- Diarrhea

Contact Your / Your Child’s Doctor If You / Your Child Has Any:

- Change in skin color
- Skin rash
- Fever
- Chills
- Severe swelling following injury
- Sore throat
- Severe headache
- Chest pain
- Difficulty breathing

Drug and Food Interactions

Some common medicines such as aspirin and ibuprofen (Motrin®, Advil®) can cause increased bleeding with anticoagulants. Always ask your / your child’s doctor or pharmacist before starting any new medicine or vitamin / herbal treatment. Also tell any doctor, pharmacist or dentist that you / your child take this medicine.

The medicine (Warfarin, Coumadin®, Jantoven®) stops the formation of blood clots by blocking vitamin K action and therefore some foods that are high in vitamin K and vitamin supplements may cause the medicine to not work as well. Some foods that are high in vitamin K are:

- Green leafy vegetables (spinach, kale, collard green, mustard green)
- Liver
- Green tea

Try to eat the same amount of these foods in your diet from day to day.

Avoid drinking grapefruit and cranberry juices.

Other Information

Notify your / your child’s school that you /your child use this medicine so you / your child’s teachers and staff are aware to look for bleeding problems.

When you / your child is taking this medicine you / your child should where helmets and/or pads when participating in activities such as biking, rollerblading, skate boarding, skating or other activities where falls may occur.

You / your child should carry an Anticoagulation Medication Alert Card or a bracelet to notify emergency workers that you / your child are on the medicine that may affect bleeding.

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REFERENCES:
2010 Physicians’ Desk Reference (64th Edition)