



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 wear 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.

June 2010 **Approved By:** The Patient and Family Education Committee

REFERENCES:

2010 Physicians' Desk Reference (64th Edition)

G.K. Dresser, C. Munoz, M. Cruikshank, M. Kovacs, J.D. Spence. "Grapefruit Juice-Warfarin Interaction in Anticoagulated Patients" *Clinical Pharmacology & Therapeutics* 65, 193-193 (February 1999).