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# Anticoagulant Medications

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## WHAT THE MEDICATION DOES

Prevents blood clots

## HOW TO TAKE THE MEDICATION

1. Take as directed on the label.
2. Take at the same time daily.

## SIGNS AND SYMPTOMS TO REPORT TO YOUR NURSE OR DOCTOR

1. Bleeding gums
2. Nose bleeds
3. Skin bruises easily
4. Blood in urine
5. Fever
6. Skin rash
7. Extra heavy menstrual flow
8. Black (tarry) stools
9. Vomiting blood

## SPECIAL POINTS

1. Do not take aspirin or medication that contains aspirin unless your nurse or doctor tells you.

## OTHER INSTRUCTIONS

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2. Take extra care to avoid bruising or cutting yourself.
  - a. Brush your teeth with a soft toothbrush.
  - b. Shave with an electric razor.
  - c. Avoid contact sports.
3. Eating different amounts of foods that contain vitamin K can affect the way the medication works. Because green leafy vegetables have vitamin K, you should eat about the same amount each day.
4. Some medication may change the color of your urine.
5. Carry medical identification, with the medication name and dose, at all times.
6. Keep this and all medications out of the reach of children.

## MEDICATION INSTRUCTIONS

Medication Name: \_\_\_\_\_

Dose: \_\_\_\_\_

When to Take: \_\_\_\_\_

Special Notes: \_\_\_\_\_