

<ul style="list-style-type: none"> Follow your provider's directions. Do not stop taking medicines without first checking with your provider. Call your provider before restarting medicines. Do not skip or double up on your medicines. Follow your provider's diet recommendations. Check with your provider before drinking alcohol. Tell your provider if you smoke tobacco or marijuana. 	<ul style="list-style-type: none"> Make sure your medicines have not expired—check the dates! Keep a medication list and bring to your appointments. Tell your provider and pharmacist about ALL medicines you are taking, including over-the-counter vitamins and herbal remedies. Tell all of your providers and dentists that you are taking anticoagulants.
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Green Flags—All Clear

What this means...

If you have:

- INR within the range recommended by your Primary Care Provider (PCP)

- Good work!
- Your symptoms are under control.

Keep up the great work!

Yellow Flags — Caution

What this means...

If you have:

- Add, change, or stop any medicine, or take:
 - Take Coumadin (warfarin)
 - Take Advil (ibuprofen) or other over-the-counter medicines with your anticoagulant medicine
 - Take medicines that can change the effectiveness of anticoagulants, such as but not limited to antibiotics, Vitamin K, and thyroid medicines
- Experience any of the following:
 - Diarrhea or vomiting one or more days
 - Fever or infection
 - Abdominal or stomach pain
 - Cramping that does not go away
 - Loss of appetite or unintentional weight loss
 - Jaundice (yellow eyes or skin)
 - Difficulty with routine exercise
 - Bleeding from gums or nose
 - Red or dark-brown urine
 - Severe headaches
 - Burning, crawling, itching, numbness, prickling, "pins and needles," or tingling

(Continued from left column)

- ◇ Chest pain or discomfort
- ◇ Confusion
- ◇ Difficulty breathing or swallowing
- ◇ Dizziness, faintness, or lightheadedness
- ◇ Unusual tiredness or weakness
- ◇ Skin sores or blisters
- ◇ Frequent bruising without a known cause
- You may need follow up by your healthcare professional or at an anticoagulation clinic.
- The anticoagulant may be causing side effects.
- Your anticoagulant dose may need to be adjusted.

Call your doctor, consulting nurse, or healthcare provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags—Stop and Think

What this means...

If you have:

- Rectal bleeding or red blood in your stool
- Black or tarry stools
- Arm, back, or jaw pain
- Coughed up blood that looks like coffee grounds
- Gum or nose bleeding that does not stop <15 minutes
- Blue or purple toes
- Change in consciousness
- Chest tightness or heaviness increase that does not stop
- Fast or irregular heartbeat
- Trouble breathing with exertion

- Severe abdominal pain or stomach pain
- A fall or injury, especially to the head
- "Thunderclap" headache (very severe, quick onset)
- You could have internal bleeding and need to be seen by a healthcare professional as soon as possible.**

If possible, notify your health care provider's office.

Physician:

Number:

Follow these instructions: CALL 9-1-1

If you notice a Red Flag, call 9-1-1. Emergency!

Anticoagulant Health Fast Facts

- An anticoagulant is a substance that prevents coagulation (clotting) of blood. This reduces blood clotting in an artery, a vein, or the heart.
- A clot can block the blood flow to your heart muscle and cause a heart attack or block flow to your brain, causing a stroke. A clot can also block the blood flow in your lungs (pulmonary embolism) or in your legs (deep vein thrombosis).
- Anticoagulants are prescribed by your healthcare provider for various reasons. Sometimes it is to prevent blood clots from forming, lower your chance of a blood clot forming, or to give your body time to dissolve a clot on its own.
- Though sometimes referred to as a “blood thinner”. They do not actually thin blood, the medication reduced the ability of the blood to form clots.
- Some common anticoagulant medicines include Warfarin (also known as Coumadin) and are taken by mouth. Heparin and enoxaparin (or Hep-Lock or Hep Flush) are injected medicines.
- Some anticoagulants like Warfarin require close monitoring and frequent visits with your doctor or pharmacist. Your healthcare provider will order a blood test called INR that stands for “International Normalized Ratio”. It measures how it takes blood to clot and your healthcare provider will decide what INR numbers are best for you.
- Several medicines can interact with anticoagulants. Some increase and some decrease the effect of the anticoagulant.
- Over the counter pain medicines can have an additional risk of bleeding when used in combination with anticoagulants. These include, but are not limited to, Aspirin, Advil or Motrin (Ibuprofen), and Aleve (Naproxen).
- Some medicines that can make anticoagulants less effective, Vitamin K and Thyroid medications.
- Some foods are high in vitamin K, including leafy green vegetables, certain beans and oils, beef liver, broccoli, brussels sprouts, cabbage, cheese, collard greens, green tea, kale, lentils, lettuce, spinach, soybean oil, and turnip greens.
- Antibiotics can significantly change your INR, sometimes very quickly.
- Vitamins and supplements can easily interact with your medicines and, if taken together, may be harmful to your health. Vitamins and supplements may also be harmful for certain health conditions or medical procedures.

What can you do?

- Have your blood checked (INR) as per healthcare provider directions.
- Take medicines only as prescribed. Do not take more or less medicine without talking with your healthcare provider.
- Before you start taking any antibiotics, even if just for a few days, make sure you check with your healthcare provider to make sure the antibiotic is safe to take with your anticoagulant medicine.
- Make sure you keep your vitamin K intake consistent. Avoid sudden changes in the intake of foods and vitamins containing vitamin K.
- Consult your healthcare provider before taking vitamins or supplements.
- Talk with your healthcare provider or dentist before having any surgery to see if you need to change your anticoagulant medicine before or after the procedure.



Anticoagulant Self-Management Plan

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Yakima County: 509-469-0500 -- ADRCYakima@dshs.wa.gov

Kittitas County: 509-925-8765 – ADRCKittitas@dshs.wa.gov

Benton/ Franklin County: 509-735-0315 – ADRCBenton-Franklin@dshs.wa.gov

Walla Walla County: 509-529-6470 – ADRCWallaWalla@dshs.wa.gov

Columbia County: 509-382-4787 -- ADRCColumbia@dshs.wa.gov

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