

Things to Know When Taking Your Blood Thinner

*Anticoagulation
Therapy - DOAC*

About Your Medication

Your doctor has prescribed the following medication for you:

This medication is also called a direct oral anticoagulant or DOAC for short. Your doctor wants you to take this anticoagulant because you have a blood clot or you have a medical condition that increases your risk of forming a blood clot. Your DOAC medication is an anticoagulant that helps prevent clots from forming in blood vessels and in the heart. Blood clots can put you at risk for a heart attack, stroke or other serious medical problems. The DOAC medication does not stop your blood from clotting completely.

You are taking this medication for:

Your Anticoagulation Care Team

Froedtert & the Medical College of Wisconsin pharmacists, nurses and doctors work together to form your anticoagulation team. We make sure you stay safe while taking your blood thinner. Our phone lines are open from 8 a.m. to 5 p.m. every weekday. We also have a pharmacist on call for any urgent concerns outside of these hours that cannot wait until the next business day. Follow the phone prompts to connect with the on call pharmacist.

Anticoagulation Clinic Phone Number: _____

Information About Blood Clots

If a blood clot forms in one of your blood vessels, it can be very dangerous. Examples of dangerous clots include stroke, pulmonary embolism (PE) and deep vein thrombosis (DVT).

Stroke

The most common type of stroke happens when a blood clot forms in an artery in your brain or a clot forms in another part of your body and then travels to an artery in your brain. A stroke is a medical emergency and can cause death. Treatment is needed quickly.

The infographic features a central illustration of a woman with brown hair, wearing an orange long-sleeved shirt, a brown vest, and blue pants. She has a blue beaded necklace and a watch on her left wrist. Above her head is a red spiral with three stars, indicating dizziness. A speech bubble next to her head contains the text "?sshllurp rulssh?". To her left, a list of stroke signs and symptoms is presented in a white box with a dark blue background. The list includes: **BALANCE** (Sudden loss of coordination or balance), **EYES** (Sudden change in vision), **FACE** (Sudden weakness on one side of the face or facial droop), **ARM** (Sudden arm or leg weakness or numbness), **SPEECH** (Sudden slurred speech, trouble speaking, trouble understanding speech), and **TERRIBLE HEADACHE** (Sudden onset of a terrible headache). The top of the infographic has a dark blue banner with the text "Know the signs of a stroke!" and "BE FAST" in large, bold, orange letters. The bottom of the infographic has a dark blue banner with the text "TIME TO CALL 9-1-1 Every second counts!" in white. Logos for Froedtert & Medical College of Wisconsin, Wisconsin Coverdell Stroke Program, and Wisconsin Department of Health Services are also present.

Know the signs of a stroke!

BE FAST

BALANCE
Sudden loss of coordination or balance

EYES
Sudden change in vision

FACE
Sudden weakness on one side of the face or facial droop

ARM
Sudden arm or leg weakness or numbness

SPEECH
Sudden slurred speech, trouble speaking, trouble understanding speech

TERRIBLE HEADACHE
Sudden onset of a terrible headache

?sshllurp rulssh?

Froedtert & MEDICAL COLLEGE of WISCONSIN

WISCONSIN COVERDELL STROKE PROGRAM

WISCONSIN DEPARTMENT OF HEALTH SERVICES
Protect. Promote. Prevent.

TIME TO CALL 9-1-1

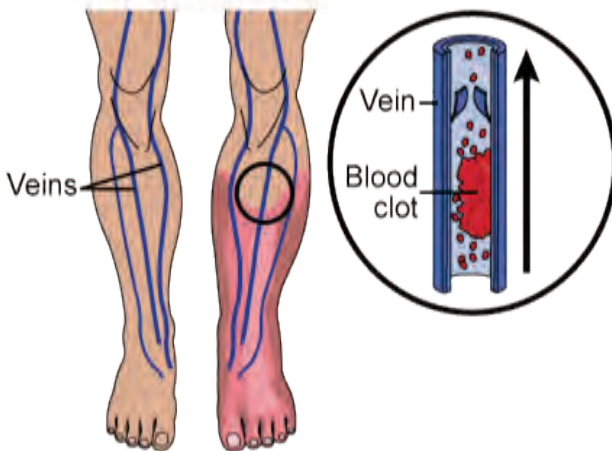
Every second counts!

PE-41377 (04/19)

Deep Vein Thrombosis (DVT)

A DVT is a blood clot in a leg or arm vein. Signs of a DVT:

- Pain, swelling or redness in your arm or leg
- Skin may feel warm or tender or hurts to touch

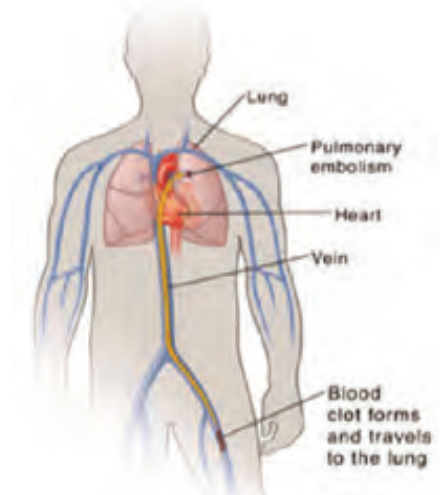


Pulmonary Embolism (PE)

A PE is a blood clot in a lung vein.

Signs of a PE:

- Sudden shortness of breath
- Chest pain when you take a breath in
- Cough with mucus that can be bloody
- Fast heartbeat



Monitoring

You will need some blood work drawn when you start this medication. This will help us to determine the correct dose of DOAC medication for you and make sure that this medication is safe for you to take. You will also need follow up blood work once or twice per year to monitor your kidneys, liver and blood count. We will let you know when that blood work needs to be drawn. We do not need frequent blood tests with this medication like other anticoagulants such as warfarin.

Taking Your Blood Thinner

- Always take your blood thinner at the same time(s) each day.
- Always follow the instructions from your doctor or the anticoagulation clinic.
- Never skip a dose of your medication unless your doctor or the anticoagulation team tells you to do this.
- If you miss a dose, take it as soon as you remember. However, skip the missed dose if it is closer to when you usually take your next dose than your last dose. Never double up on a dose to make up for a missed dose. Please call our clinic if you have any questions on what to do about a missed dose.
- Consider using a pillbox to keep track of your doses.



Taking Other Medications

- Contact us if you start, stop or change any other medications. This includes prescription and over-the-counter medications or supplements.
- The following over-the-counter medications can increase your bleeding risk. Only take these medications if advised by your doctor:
 - » Ibuprofen (Advil®, Motrin®)
 - » Naproxen (Aleve®, Naprosyn®)
 - » Aspirin, Excedrin®, Alka-Seltzer®, Pepto Bismol® or other Aspirin containing products
 - » Any cold and flu products containing the above ingredients

Possible Side Effects

- Unusual bruising or bruises that continue to grow
- Menstrual bleeding that is much heavier than normal
- Red or brown colored urine
- Red or black tarry colored stools
- Unusual bleeding from the gums, vomit that is brown or red
- Nose bleeds

Calling Your Anticoagulation Care Team

Call your anticoagulation care team if you have:

- Any change with any of your medicines or supplements.
- Any unusual bleeding.
- Any scheduled procedure or surgery. For some procedures or surgeries, you will need to stop this medication before the procedure and restart it after the procedure. We will help coordinate this for you.
- If you are thinking of getting pregnant or you think you may be pregnant. This medication can be harmful to your baby if taken during pregnancy.
- **Do not stop taking your DOAC medication unless you are told to do so. If you have questions about stopping your DOAC medication, first check with your anticoagulation care team.**

Seeking Urgent Medical Care

Go to urgent care or the emergency department if you:

- Have signs or symptoms of a DVT, PE or stroke.
- Have serious bleeding. This includes any of these:
 - » Bloody diarrhea
 - » Vomiting blood (may look like coffee grounds)
 - » Coughing up blood
 - » Red or dark urine
 - » Dark, sticky (tarry) stools
- Hit your head or had a serious injury, accident or fall. You may be bleeding on the inside even if you do not see blood.

Diet and Alcohol Considerations

There are no dietary restrictions to consider when taking this medication. However, drinking alcohol while taking a blood thinner can increase your risk of bleeding. We recommended you limit intake to up to one alcoholic drink per day for women or up to two alcoholic drinks per day for men. Examples of one drink is 12 ounces of a 5% beer, 5 ounces wine or 1.5 ounces of 80 proof liquor.

MyChart

The MyChart patient portal gives you convenient online access to your health care team. You can view results, ask questions and request prescription renewals and appointments. To get started, go to my.froedtert.com and click on “Create New Account”. If you need assistance, email us at digitalsupportteam@froedtert.com or call 414-777-0900.


Please visit our website at froedtert.com for locations and services.



We encourage you to wear a medical-alert bracelet/necklace and carry a medical alert card with you at all times.

Anticoagulant Emergency Card

Fill in emergency card and keep in your wallet or purse:

I am taking the blood thinner: _____ for: _____	Doctor:
	Doctor Phone:
	Emergency Contact:
	Relationship:
	Phone:



froedtert.com