

*Useful information on taking blood thinners for
Atrial Fibrillation (AF) Stroke Prevention*



SOME IMPORTANT POINTS TO REMEMBER ABOUT BLOOD THINNING MEDICATION

- You should have a wallet card or ID bracelet that states you are taking a blood thinner.
- Take your blood thinner as prescribed.
- Carefully follow the instructions for taking this medication.
- Take your blood thinner continuously as prescribed by your doctor. Stopping it early could put you at risk for having a stroke.
- Do not stop taking your blood thinner unless your doctor advises you otherwise.
- If any new medications have been prescribed, check with your pharmacist that these medications are permitted when taking your blood thinners. Certain natural products may interact with your blood thinners as well. Always verify with your pharmacist if they are safe to take together.
- Avoid Aspirin, or products containing Aspirin and NSAIDs, eg, Ibuprofen (Advil[®], Motrin[®]) Naproxen (Aleve[®]), or Celecoxib (Celebrex[®]) unless they are medically indicated by your doctor. These drugs may increase risk of bleeding.
- Alcohol in combination with your blood thinner may increase the risk of stomach discomfort or bleeding. Unless your doctor informed you to avoid alcoholic beverages altogether, limit alcohol consumption to no more than 1 glass of wine (140 mL or 5 oz), beer (340 mL or 12 oz), hard liquor (45 mL or 1,5 oz) per day.
- If you are planning on becoming pregnant, please talk to your doctor beforehand. Coumadin[®], Xarelto[®], Eliquis[®], Lixiana[®], and Pradaxa[®] should not be taken when you are pregnant.
- If you are scheduled for surgery, inform your doctor that you are on blood thinners for atrial fibrillation.
- Avoid contact sports such as football, boxing, hockey, or others.
- Make sure to wear protective gear when doing sports, such as a helmet and gloves, if necessary, and stay within your abilities.

IF YOU MISS A DOSE OF APIXABAN (ELIQUIS[®]):

- If you miss a dose, take ELIQUIS immediately and then continue with twice daily administration as before. Do not take a double dose if you forget altogether.

IF YOU MISS A DOSE OF DABIGATRAN (PRADAXA[®]):

- If you miss a dose, take dabigatran immediately and then continue with twice daily administration as before. Do not take a double dose if you forgot altogether.

IF YOU MISS A DOSE OF EDOXABAN (LIXIANA[®]):

- Take the missed dose as soon as you remember on the same day and continue your regular dosing the following day.
- Do not take a double dose if you forget altogether.

IF YOU MISS A DOSE OF RIVAROXABAN (XARELTO[®]):

- Take the missed dose as soon as you remember on the same day and continue your regular dosing the following day. Do not take a double dose if you forget altogether.

IF YOU MISS A DOSE OF WARFARIN (COUMADIN[®]):

- Take the missed dose as soon as you remember on the same day and continue your regular dosing the following day.
- Do not take a double dose if you forget altogether.

SIGNS AND SYMPTOMS OF BLEEDING CAN INCLUDE:

- Blood in your urine (pink to red in colour)
- Blood in your stool (it can look black and tarry or streaked with red)
- Vomiting bright red or coffee-ground coloured vomit
- Sudden appearance of unexplained bruising
- Bleeding from your gums or nose
- Coughing up red tinged secretions
- Blurred or loss of vision
- Constant severe headaches
- Excessive menstrual bleeding
- Any unusual bleeding that does not stop

SYMPTOMS OF STROKE CAN INCLUDE:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking, or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden difficulty walking, dizziness, loss of balance, or coordination

WHAT ELSE CAN I EXPECT REGARDING MY FOLLOW-UP CARE FOR MY TREATMENT WITH BLOOD THINNING MEDICATION AT THE JEWISH GENERAL HOSPITAL?

- ✓ Upon discharge you will be given the prescription for the blood thinner.
- ✓ If you are on a blood thinner called Coumadin[®], also known as Warfarin, upon discharge, you will be given an Anticoagulation Clinic appointment. At this appointment you will have a blood test and see a doctor.

The Anticoagulation Clinic is located in: Pavilion D, Room B304.

Phone number: 514-340-8222, local 25070. Receptionist's name is _____

SOME EXAMPLES OF WHEN YOU NEED TO COME TO THE EMERGENCY ROOM

- Any falls
- Coughing up blood
- Hitting your head
- Any unusual bleeding that does not stop
- Persistent, severe headaches
- Uncontrolled bleeding from nose or gums lasting more than 10 minutes
- Cuts that will not stop bleeding
- Excessive menstrual bleeding
- Extensive bruising
- Any symptoms of stroke



YOUR DOCTOR PRESCRIBED A BLOOD THINNER LISTED IN THE BELOW TABLE TO PREVENT STROKE DUE TO ATRIAL FIBRILLATION

| | TABLET | | | | |
|-----------------------|---|--|---|--|---|
| NAME OF BLOOD THINNER | Apixaban (Eliquis®) | Dabigatran (Pradaxa®) | Edoxaban (Lixiana®) | Rivaroxaban (Xarelto®) | Warfarin (Coumadin®) |
| TEACHING POINTS | Take twice a day every 12 hours The tablet may be taken with or without food | Take every 12 hours Do not crush pill The tablet may be taken with or without food | Take every 24 hours The tablet may be taken with or without food | Take every 24 hours The tablet must be taken with food (preferably with a large meal) | Take in the evening Requires regular INR blood tests |

***If your treatment differs from the above table, please discuss with your doctor.*

If you have any questions regarding your blood thinning medication please call: 514-340-8222 local 24817

Thrombosis Clinical Nurse: _____

For more information, please visit our website at <https://cetacmtl.ca>

REFERENCES: WEBSITE

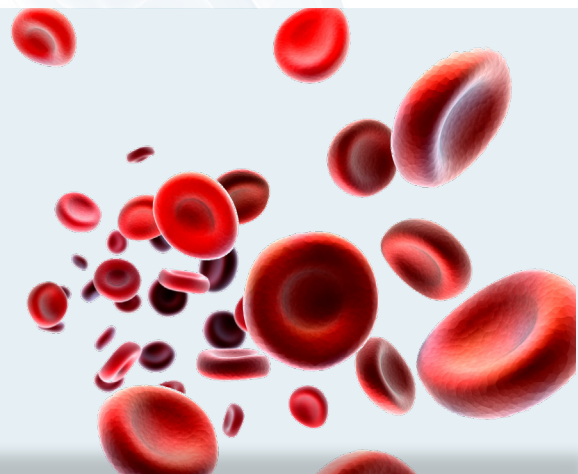
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