

*Useful information on taking blood thinners for
Deep Vein Thrombosis (DVT) and/or Pulmonary
Embolism (PE)*



CETAC
Centre d'excellence en thrombose et anticoagulation
Centre of Excellence in Thrombosis and Anticoagulation Care



Jewish General Hospital

SOME IMPORTANT POINTS TO REMEMBER ABOUT BLOOD CLOTS AND 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 for the full length of time prescribed by your doctor. Taking it for a shorter period of time could put you at risk of having dangerous blood clots.
- 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 these have been prescribed by your doctor.
- Alcohol in combination with your blood thinner may increase the risk of stomach discomfort or bleeding. 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 have had a DVT or PE in your past medical history, or if applicable, are on blood thinners.
- 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. A double dose should not be taken to make up for a missed tablet.

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

- For all treatments, if you forget to take PRADAXA, do not take a double dose to make up for the missed dose.
- After knee or hip replacement surgery: Take your next dose at the same time next day.
- To treat blood clots and prevent them from re-occurring in the veins of your leg(s) or in your lung(s): Take it as soon as you remember, but if it is almost time for your next dose (less than 6 hours before your next dose), take your next dose when you are supposed to.

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 all together.

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

- If your dose is Xarelto[®] 15 mg twice daily, take your missed dose as soon as you remember. You may double a dose if you have missed one because it is important for you to have a total of 30 mg each day. Continue your regular dose twice daily the next day.
- If your dose is Xarelto[®] 20mg once daily, take the missed dose as soon as you remember on the same day. Do not double up on your dose. Continue your regular dosing the following day.

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 all together.

IF YOU MISS A DOSE OF AN INJECTABLE ANTICOAGULANT (DALTEPARIN (FRAGMIN[®]), ENOXAPARIN (LOVENOX[®]), TINZAPARIN (INNOHEP[®])):

- If your dose is once daily, take your dose as soon as possible and then continue every 24 hours.
- If your dose is twice daily, take your dose as soon as possible and then continue every 12 hours.

SIGNS AND SYMPTOMS OF BLEEDING CAN INCLUDE:	SIGNS AND SYMPTOMS OF DVT CAN INCLUDE:
<ul style="list-style-type: none"> • Blood in your urine (pink to red in colour) 	<ul style="list-style-type: none"> • New or sudden warmth in your arm or leg
<ul style="list-style-type: none"> • Blood in your stool (it can look black and tarry or streaked with red) 	<ul style="list-style-type: none"> • New pain or tenderness in your arm or leg that doesn't get better
<ul style="list-style-type: none"> • Vomiting bright red or coffee-ground coloured vomit 	<ul style="list-style-type: none"> • Swelling of your arm or leg that does not go away
<ul style="list-style-type: none"> • Sudden appearance of unexplained bruising 	<ul style="list-style-type: none"> • Redness or change of colour in your arm or leg
<ul style="list-style-type: none"> • Bleeding from your gums or nose 	SIGNS AND SYMPTOMS OF PE CAN INCLUDE:
<ul style="list-style-type: none"> • Coughing up red tinged secretions 	<ul style="list-style-type: none"> • Sudden chest pain or feeling of chest tightness often related to breathing
<ul style="list-style-type: none"> • Blurred or loss of vision 	<ul style="list-style-type: none"> • Sudden shortness of breath or difficulty breathing
<ul style="list-style-type: none"> • Constant severe headaches 	<ul style="list-style-type: none"> • Dizziness, feeling faint or loss of consciousness
<ul style="list-style-type: none"> • Excessive menstrual bleeding 	<ul style="list-style-type: none"> • Rapid heartbeat, feeling of palpitations
<ul style="list-style-type: none"> • Any unusual bleeding that does not stop 	<ul style="list-style-type: none"> • Coughing up blood

WHAT ELSE CAN I EXPECT REGARDING MY FOLLOW-UP CARE FOR MY DVT AND/OR PE AT THE JEWISH GENERAL HOSPITAL?

- ✓ Upon discharge you will be given the prescription for the blood thinner.
- ✓ Upon discharge, or soon after you return home, you will be given an appointment to see a doctor who specializes in blood clots. His/Her office is located in the Thrombosis Clinic:
Pavilion D, Room B304, Phone number: 514-340-8222, local 23444.
Receptionist's name is _____
- ✓ 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 signs and symptoms of DVT and or PE

YOUR DOCTOR PRESCRIBED A BLOOD THINNER LISTED IN THE BELOW TABLE TO TREAT YOUR DEEP VEIN THROMBOSIS AND/OR PULMONARY EMBOLISM

NAME OF BLOOD THINNER	TABLET					INJECTION		
	Apixaban (Eliquis®)	Dabigatran (Pradaxa®)	Edoxaban (Lixiana®)	Rivaroxaban (Xarelto®)	Warfarin (Coumadin®)	Dalteparin (Fragmin®)	Enoxaparin (Lovenox®)	Tinzaparin (Innohep®)
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	Take every 24 hours The tablet may be taken with or without food	Take 15 mg every 12 hours for the first 3 weeks, followed by 20 mg every 24 hours The 10 mg tablet can be taken without food When taking the 15 mg and 20 mg tablets, take with food (with a large meal)	Take in the evening Requires regular INR blood tests	Rotate the location of injection sites between the thigh and/or abdomen	Rotate the location of injection sites between the thigh and/or abdomen	Rotate the location of injection sites between the thigh and/or abdomen

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

If you have any questions and/or concerns regarding your blood clot or treatment please call: 514-340-8222 local 24817

Thrombosis Clinical Nurse: _____

For more information on Deep Vein Thrombosis and/or Pulmonary Embolism and anticoagulation, please visit our website at <https://cetacmtl.ca>

REFERENCES: WEBSITE

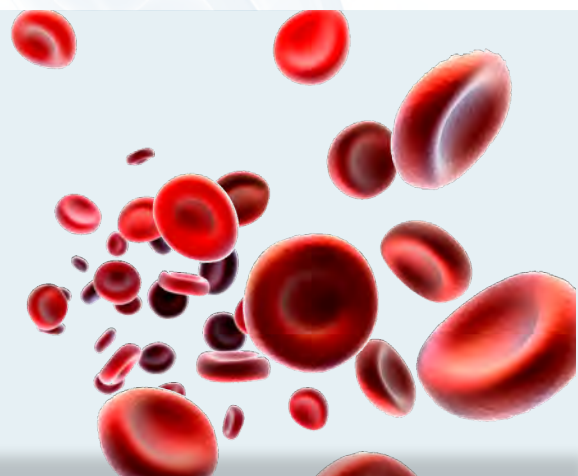
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