Some Specific Home Anticoagulant Therapy Medications:

These medications differ and new anticoagulant medications continue to become available. Your physician or healthcare provider will prescribe for you, based on your medical condition(s):

- **Warfarin (Brand Names-Coumadin® and Jantoven®):**
  - Is a medication taken by mouth, usually once a day.
  - **Blood tests** are ordered and monitored to determine if your therapy is optimal. Dose changes may be determined by your test values.
  - It is important to have regular monitoring and to have blood testing as requested to ensure optimal therapy and safety.
  - **Warfarin** tablets come in different strengths; each is a different color, with dose printed on the tablet. If the color or dose of the tablet appears different than those taken previously, the patient should immediately notify their pharmacist or healthcare provider.
  - **Diet:** Carefully follow your prescribed diet instructions. Avoid making major changes in dietary habits. Greatly varying your daily intake of vitamin K can interfere with this anticoagulation therapy and change its action. Vitamin K is found in dark green, leafy vegetables such as broccoli, cabbage, asparagus, spinach and salad greens. You may eat these items, just eat about the same amount each day to keep vitamin K levels even. Speak with a healthcare provider regarding major diet changes or concerns.

This is a partial list of anticoagulation medications that patients may be prescribed. Some are primarily used while in the hospital and some are used both in and out of the hospital.

Comprehensive information is available for each of these medications while in the hospital and from your pharmacy after you leave the hospital. This information should be reviewed with your care givers to understand dosing, route, drug to drug and food to drug interactions, the requirement for follow up lab tests, side effects or any questions you may have about these medications. (as of 04/12)

- **Unfractionated Heparin (No Brand Name)**
  - Injection or IV

- **Enoxaparin (Brand Name - Lovenox®)**
  - Injection

- **Fondaparinux (Brand Name - Arrixtra®)**
  - Injection

- **Argatroban (No Brand Name)**
  - IV

- **Bivalirudin (Angiomax®)**
  - IV

- **Lepirudin (Refludan®)**
  - Injection or IV

- **Dabigatran (Pradaxa®)**
  - By Mouth

- **Rivaroxaban (Xarelto®)**
  - By Mouth

- **Warfarin (Coumadin)**
  - By Mouth

It is not the intent of this brochure to provide all the information you may need to know for every type of anticoagulation medication. It is important to review the medication information you receive from your Doctors, Pharmacists and other care providers.

For further information please speak to your Physician or Pharmacist.

Additional information specific to Coumadin/Warfarin is also available from the U.S. Department of Health and Human Services’ Agency for Healthcare Research and Quality online at ahrq.gov/consumer/coumadin.htm. The booklet is titled, Your Guide to Coumadin/Warfarin Therapy.
What is anticoagulation therapy?
Anticoagulation therapy is medication taken to reduce or prevent harmful blood clots from forming.

Why do I need anticoagulation therapy?
To prevent harmful blood clots called Pulmonary Emboli (PE) and Deep Vein Thrombosis (DVT). Clots can cause a stroke, heart attack, or other serious problems. It is important to continue this medication as long as prescribed by your physician.

General and safety considerations while on anticoagulation therapy:
- Make sure all your physicians and healthcare providers know you are on anticoagulant therapy. Provide them a list of all the medications you are taking at each visit. The list should include the names, the dose, how often you take each one and the last dose taken.
- It is important to take the medication as prescribed and directed. Compliance with anticoagulation therapy is important to your safety. Be sure to refill your prescription so you do not run out. If you forget or miss a dose, do not take a double dose to make up for a missed dose. It is very important to take this medication at the same time/times each day to keep the blood level of medication consistent.
- It is necessary to immediately inform your physician and healthcare providers if you become pregnant or are breast feeding.
- Inform your physician if you have liver disease, peptic ulcer, history of bleeding or blood disorders, kidney disease, congestive heart failure, high blood pressure, diabetes, any type of infection or any other medical condition.
- Also tell your physician if you have recently had a fall or other injury.
- Follow up monitoring is very important. Your physician or healthcare provider may need to check your blood at regular intervals while you are using anticoagulant therapy. Be sure to keep all appointments and always bring your current medication list.
- You may bleed more easily while on anticoagulants. Stay away from contact sports or other situations where you could be bruised, cut, or injured. Brush and floss your teeth gently. Be careful when using sharp objects, including razors and fingernail clippers. Avoid picking your nose, if you need to blow your nose, blow it gently.
- Alcohol interacts with your liver and may affect anticoagulant medications. You should avoid alcohol while on an anticoagulant. You should discuss with your physician or healthcare providers if you have questions or concerns.
- Always review the drug information provided by your pharmacist or caregivers for all your medications.
- It is important to understand the potential for adverse drug reactions and interactions. This includes drug and food interactions for the medications you take and diet you follow.
- Carry an ID card or wear a medical alert bracelet to let any emergency caregivers know you are taking anticoagulant medications.
- Keep all medications safely and properly stored, out of reach of children.
- Do not share any medication prescribed for you.

Possible Side Effects while using Anticoagulants:
- Call your physician and consider emergency medical care if you notice any of these side effects:
  - Allergic reaction: itching or hives, swelling in your face and hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing
  - Persistent bleeding from your gums, nose or a wound, bruising easily, or coughing up blood
  - Persistent abdominal pain or burning
  - Bloody or black, tarry stools or blood in urine
  - Vomiting of material that looks like coffee grounds
  - Yellowing of your skin or the whites of your eyes
- For UNCONTROLLED BLEEDING seek immediate medical attention.

Potentially less serious side effects are:
- Nausea, vomiting, diarrhea, or upset stomach
- Mild headache or body pains

Other medications that may interact with anticoagulant medications:
Ask your physician(s), healthcare provider or pharmacist before stopping or starting any other medication, including over-the-counter (OTC) medicines, vitamins, and herbal products. Many medications, including prescription, herbs and Over The Counter medications may interact with anticoagulant medications. Always inform your physician(s) about all medications you are taking as well as when to stop or start any medications. Some common Over The Counter medications that may interact are listed below. There are many others and if you have any questions about any medication, please, contact your physician(s), healthcare provider or pharmacist.
- Aspirin also called acetylsalicylic acid, salicylate or ASA. Some examples of other medications that contain aspirin are Alka-Seltzer, Pepto-Bismol and Excedrin.
- Anti-inflammatories such as ibuprofen (Motrin, Midol, Nuprin, Advil), naproxen (Aleve) or ketoprofen (Orudis, Crustax), Acetaminophen (Tylenol) in high or frequent doses may interact with some anticoagulants and should be discussed with your healthcare provider.
- Cold and allergy preparations may contain the above products.
- Herbal and Alternative medications: may not have been tested to see if they interact with anticoagulant medications but many have the potential to do so. If you start or stop any herbal medication, contact your physician to ensure that it won’t affect your anticoagulation therapy.