

Blood Thinner Safety Plan: Which zone are you in?



Check your “zone” often to stay healthy and safe

The name of my “blood thinner” is: (CIRCLE the medications you take):

- | | | | | |
|-----------------------|-------------------------|------------------------|---------------------|---------------------|
| Coumadin® (warfarin) | Pradaxa® (dabigatran) | Xarelto® (rivaroxaban) | Eliquis® (apixaban) | Lixiana® (edoxaban) |
| Lovenox® (enoxaparin) | Arixtra® (fondaparinux) | Fragmin® (dalteparin) | Heparin | |

I take my blood thinner because: _____

- I can afford and can get my blood thinner with no problems
 - I take my blood thinner on a regular basis (exactly as prescribed)
 - I have no new changes or symptoms
- For Warfarin Users Only:**
- I get my INR blood test regularly and my results are fine

GREEN ZONE

- No action needed. You are doing great

- Changes/Symptoms**
- I have trouble affording my blood thinner or my insurance won’t cover it
 - I have trouble getting my blood thinner from the pharmacy
 - I miss doses or sometimes go without taking my blood thinner
 - I have symptoms such as: Bruising easily Bleeding easily Can’t eat Vomiting
Upset stomach Cold/Virus/Flu Diarrhea (24+ hours) Other
 - I have a medical procedure, surgery, or major dental work scheduled
Date: _____
What I’m having done: _____
 - I am pregnant or plan on becoming pregnant
- For Warfarin Users Only:**
- I have started, stopped, or changed the dose of another medication I take (prescription or over-the-counter)
 - My diet has changed a lot

YELLOW ZONE! Time to take action!
 These changes or symptoms may put your at risk of bleeding or clotting!

- Call doctor’s office
 Doctor’s name: _____
 Doctor’s phone number: _____
- State your name & the name of your doctor
- Describe changes or symptoms in left column
- Write any new instructions the doctor has provided in space below:

- Changes/Symptoms**
- I am bleeding (from any area of the body) and it will not stop
 - I have severe stomach or back pain, headache, dizziness, fainting, or body weakness that will not stop, or unusual bruising
 - I have dark, black tarry (sticky like tar) stool, any color blood in stool, any color blood in vomit, vomit that looks like coffee grounds, or any shade of red (even pink) in urine
 - I had a major accident, serious fall, or hit my head (even if I don’t look hurt)

RED ZONE!!

- SEEK EMERGENCY MEDICAL ATTENTION or
- DIAL 911