

ANTICOAGULANT MEDICATION GUIDE

Common AntiCoagulants: Coumadin, Jantoven, Heparin, Lovenox, Dalteparin, Fragmin, Warfarin, Arixtra, Calciclean, Calciparine, Enoxaparin, Fondaparinux, Hep-Lock, Hep-Lock U/P, Heparin sodium.

Read this Medication Guide before you start taking this drug and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your healthcare provider about your medical condition or treatment. You and your healthcare provider should talk about this drug when you start taking it and at regular checkups.

What is the most important information I should know about Anticoagulants?

- Take your medication exactly as prescribed to lower the chance of blood clots forming in your body.
- Anticoagulants are very important for your health, but they can cause serious and life-threatening bleeding problems.
- Get your regular blood test to check for your response to this drug.
 - This blood test is called a PT/INR test. The PT/INR test checks to see how fast your blood clots. Your healthcare provider will decide what PT/INR numbers are best for you. Your dose of this drug will be adjusted to keep your PT/INR in a target range for you.
- Call your healthcare provider right away if you get any of the following signs or symptoms of bleeding problems:
 - pain, swelling, or discomfort
 - headaches, dizziness, or weakness
 - unusual bruising (bruises that develop without known cause or grow in size)
 - nosebleeds
 - bleeding gums
 - bleeding from cuts takes a long time to stop
 - vomiting blood or material that looks like coffee grounds
- Tell your healthcare provider about all the medicines, vitamins, and herbal supplements you take. Do not stop medicines or take anything new unless you have talked to your healthcare provider. Keep a list of your medicines with you at all times to show your healthcare provider and pharmacist.
- Do not take other medicines that contain other anticoagulants.
- Some foods can interact with this drug and affect your treatment and dose.
- Eat a normal, balanced diet. Talk to your doctor before you make any diet changes. Do not eat large amounts of leafy green vegetables, because leafy green vegetables contain vitamin K, and too much vitamin K can lower the effect of this drug.
- Avoid drinking cranberry juice or eating cranberry products.
- Avoid drinking alcohol.
- Always tell all of your healthcare providers that you take this drug.
- Wear or carry information that you take an anticoagulant.

Do not take this drug if:

- You are pregnant or plan to become pregnant.
- You are allergic to this drug.
- You are breast-feeding a baby.

How should I take this drug?

- Take this drug exactly as prescribed. Your healthcare provider will adjust your dose from time to time depending on your response to this drug.
- You must have regular blood tests and visits with your healthcare provider to monitor your condition.
- Take this drug at the same time every day. You can take it either with food or on an empty stomach.
- If you miss a dose of this drug, call your healthcare provider. Take the dose as soon as possible on the same day. Do not take a double dose of this drug the next day to make up for a missed dose.
- Call your healthcare provider right away if you take too much this drug.
- Call your healthcare provider if you are sick with diarrhea, an infection, or have a fever.
- Tell your healthcare provider about any planned surgeries, medical or dental procedures. This drug may have to be stopped for a short time or you may need your dose adjusted.
- Call your healthcare provider right away if you fall or injure yourself, especially if you hit your head.

What should I avoid while taking this drug?

- Do not start, stop, or change any medicine without talking with your healthcare provider.
- Do not make changes in your diet, such as eating large amounts of green, leafy vegetables.
- Do not change your weight by dieting, without first checking with your healthcare provider.
- Avoid drinking alcohol.
- Do not engage any activity or sport that may cause a serious injury.

General Information on Anticoagulants

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use this drug for a condition for which it was not prescribed. Do not give this drug to other people, even if they have the same condition. It may harm them.