

<ul style="list-style-type: none"> <li>Follow your provider's directions.</li> <li>Do not stop medicines without first checking with your provider.</li> <li>Call your provider before restarting medicines.</li> <li>Do not skip or double up on your medicines.</li> <li>Follow your provider's diet recommendations.</li> <li>Check with your provider before drinking alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>Make sure your medicines have not expired—check the dates!</li> <li>Keep a medication list and bring to your appointments. Tell your provider about ALL medicines you are taking, including over-the-counter vitamins and herbal remedies.</li> <li>Tell all of your providers and dentists that you are taking anticoagulants.</li> </ul>
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<b>Green Flags – All Clear</b> 	<b>What this means:</b>
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<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>INR within the range recommended by your Primary Care Provider (PCP)</li> </ul>	<ul style="list-style-type: none"> <li>Good work!</li> <li>Your symptoms are under control</li> </ul>
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**Keep up the great work!**

<b>Yellow Flags – Caution</b> 	<b>What this means:</b>
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<p><b>When you:</b></p> <ul style="list-style-type: none"> <li>Add, change, or stop any medicine, or take:             <ul style="list-style-type: none"> <li>◇ Coumadin—high drug/food interactions and drug/drug interactions</li> <li>◇ Antibiotics—can cause INR to change</li> <li>◇ Advil, Aspirin, Motrin, or other over-the-counter medicines—can increase bleeding</li> <li>◇ Thyroid medicine or Vitamin K—can decrease anti-coagulant effects</li> </ul> </li> <li>Experience any of the following:             <ul style="list-style-type: none"> <li>◇ Diarrhea or vomiting 1+ days</li> <li>◇ Fever or infection</li> <li>◇ Abdominal or stomach pain</li> <li>◇ Cramping that does not go away</li> <li>◇ Loss of appetite                 <ul style="list-style-type: none"> <li>◇ Jaundice</li> </ul> </li> <li>◇ Changes in exercise level</li> <li>◇ Bleeding from gums or nose</li> <li>◇ Coughing up blood</li> <li>◇ Red or black bowel movements</li> <li>◇ Red or dark-brown urine</li> <li>◇ Bleeding that does not stop</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>You may need follow up by your primary care provider</li> <li>The medication may be causing side effects</li> <li>Your medication may need to be adjusted</li> </ul> <div style="background-color: #e0e0e0; padding: 5px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> </div> <p><i>Continued from left column:</i></p> <ul style="list-style-type: none"> <li>◇ Severe headache</li> <li>◇ Chest pain or discomfort</li> <li>◇ Burning, crawling, itching, numbness</li> <li>◇ Difficulty breathing or swallowing</li> <li>◇ Dizziness, faintness or lightheadedness</li> <li>◇ Unusual tiredness or weakness</li> <li>◇ Skin sores or blisters</li> <li>◇ Frequent bruising</li> </ul>
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**If you notice a Yellow Flag, work closely with your health care team.**

<b>Red Flags—Stop and Think</b> 	<b>What this means:</b>
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<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>Rectal bleeding or red blood in your stool</li> <li>Arm, back, or jaw pain</li> <li>Blue or purple toes</li> <li>Change in consciousness</li> <li>Increase in chest tightness or heaviness</li> <li>Fast or irregular heartbeat</li> <li>Trouble breathing with exertion</li> <li>Severe abdominal pain or stomach pain</li> <li>A fall or injury, especially to the head</li> </ul>	<p><b>This indicates you need to be seen by a physician right away. Follow these instructions:</b> <b>CALL 9-1-1</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>If possible, notify your health care provider</p> <p>Physician: _____</p> <p>Number: _____</p> </div>
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**If you notice a Red Flag, call 911 immediately.**

## Anticoagulant Health Fast Facts

- An anticoagulant is a substance that prevents coagulation (clotting) of blood. This reduces blood clotting in an artery, a vein, or the heart. A clot can block the blood flow to your heart muscle and cause a heart attack. A clot can also block blood flow to your brain, causing a stroke.
- Some common medications include Warfarin (or Coumadin) and Heparin (or Hep-Lock or Hep Flush).
- Some anticoagulants like Warfarin or Coumadin require close monitoring. Your healthcare provider will order a blood test called INR that stands for “International Normalized Ratio”. It measures how long it takes your blood to clots and your healthcare provider will decide what INR numbers are best for you.
- Several medicines can interact with anticoagulants. Some increase the effect of the medicine and some decrease the effect.
- Before you start taking any antibiotics, even if just for a few days make sure you check with your medical provider. Antibiotics can significantly change your INR, often times very quickly.
- Over the counter pain medicines can **increase** the effect of anticoagulants, thus increasing bleeding risk. These include Aspirin, Advil, Motrin, Ibuprofen, Aleve (Naproxen).
- Some medications that decrease the effect of anticoagulants include Vitamin K and Thyroid medications.
- Make sure you keep your vitamin K intake on a consistent basis. Avoid sudden changes in the intake of foods and vitamins containing vitamin K.
- Read food labels. In general, leafy green vegetables, certain beans and oils are high in Vitamin K. Some examples of foods and beverages include: beef liver, broccoli, brussell sprouts, cabbage, cheese, collard greens, green tea, kale, lentils, lettuce, spinach, soybean oil, and turnip greens.
- Consult your health care provider before taking herbal remedies. Herbs can easily interact with your medicines and, if taken together, may be harmful to your health. Herbs may also be harmful for certain health conditions or medical procedures. Inform your health care provider of which herbs you use.
- Talk with your health care provider or dentist before having any surgery.

## Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Clark County:** 360-694-8144—[iaclark@dshs.wa.gov](mailto:iaclark@dshs.wa.gov)

**Cowlitz and Wahkiakum Counties:** 360-577-4929—[iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

**Klickitat County:** Goldendale: 509-773-3757 White Salmon: 509-493-3068—  
[kcinfo@klickitatcounty.org](mailto:kcinfo@klickitatcounty.org)

**Skamania County:** 509-427-3990—[seniorsia@co.skamania.wa.gov](mailto:seniorsia@co.skamania.wa.gov)

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