

Oral anticoagulation

It is used to **prevent thrombosis and embolism** in high-risk situations. Anticoagulation must be closely monitored because exceedingly high levels increase the risk of bleeding, and exceedingly low levels fail to prevent thrombosis. Periodical blood tests are required, and the drug dose varies according to the results of these tests. Blood tests can be performed on blood or by means of a finger-prick test. Fasting is not required.

How are these drugs taken?

Every day at the same time.

Outside meals, generally one hour before lunch or dinner.

If you forget to take one pill:

If it's the same day, take it as soon as you remember. If it's the following day, take the dose of that day plus $\frac{1}{4}$. If you have to skip the dose on one given day of the week and you forget to do so, skip it the following day.

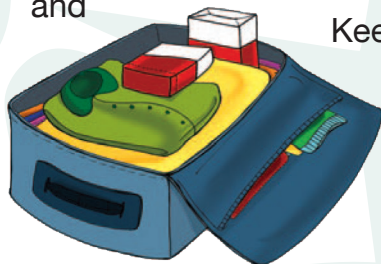


Can I take other medicines?

Oral anticoagulants interact with many medicines. If you have to take a new medicine or stop one you were taking on a steady basis, you must consult your doctor. If you experience fever or pain, you may take **paracetamol**. Avoid aspirin and drugs that contain it.

Dentist, surgery or accidents

Tell the physician, surgeon or dentist who is taking care of you that you are



Keep a spare bottle of medication at home.

Oral anticoagulants are contraindicated during pregnancy.

taking anticoagulants, and follow his/her instructions.

Examinations

No previous controls are required for blood tests and medical imaging techniques, with or without contrast (X-rays, ultrasounds, scans, magnetic resonance, densitometry, etc.). **Avoid intramuscular injections.** You may receive intravenous or subcutaneous injections (vaccines). In case of endoscopy, consult your doctor.

Diet

Keep a balanced diet and avoid sudden changes in the amount of green leafy vegetables. Alcoholic beverages alter the effect of the drug and make control extremely difficult.

Complications:

In case of occasional mild bleeding (gums, nose, sputum, bruises), tell your doctor at the following monitoring visit. If bleeding is frequent, contact your health center.

If you have **black** (tar-like) **stools**, or you have suffered major trauma, or you suddenly experience a **very severe headache**, difficulty speaking or vision problems, go to the nearest emergency room immediately.

Other recommendations:

Avoid situations involving bleeding risks (blows, trauma, extreme sports, falls, ...).

If you travel abroad, make sure you take sufficient medication for the whole trip.