

# Anticoagulants - New Oral Medications

- Follow your health care provider's direction regarding all medications
- Do not stop, restart, skip or take more medicine without first checking with health care provider
- Practice safety-avoid falls, injuries

## Green Flags – All Clear

## What this means ...



### If you:

- Take all medications as prescribed
- Have no bruising or bleeding-Note minor bleeding may be normal, e.g. small bruises, teeth that bleed a little bit during brushing or flossing.
- Good work!

**Keep up the good work!**

## Yellow Flags – Caution

## What this means ...



### If you have:

- Bruising easily, unusual bleeding from nose, mouth, rectum, or pinpoint red spots under your skin
- Coughing up blood that looks like coffee grounds
- Joint pain or swelling
- Blood in urine or stools, black or tarry stools.
- A cut that does not stop bleeding
- Add, change, or stop any medicines.
- Call your health care provider. These can be signs of internal bleeding

**Call your doctor, consulting nurse, or health care provider if symptoms do not improve.**

**Name:**

**Number:**

**Instructions:**

**If you notice a Yellow Flag, work closely with your health care team.**

## Red Flags – Stop and Think

## What this means ...



### If you have:

- Any bleeding that will not stop
- Sudden onset headache, weakness, dizziness, feeling like you might pass out
- Fall and hit your head
- Have severe back pain, numbness, muscle weakness in your lower body or loss of bladder or bowel control
- You could have internal bleeding
- You need to be evaluated by a health care professional immediately.

**If possible, notify your health care provider's office.**

**Name:**

**Number:**

**Follow these instructions: CALL 9-1-1**

**If you notice a Red Flag, CALL 911. Emergency!**

# Anticoagulant-New Oral Medications Fast Facts

*Dabigatran (Pradaxa), Rivaroxaban(Xarelto) Apixaban (Eliquis)*

- 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. Clots can also form in the lung, legs, joints, or arms.
- Anticoagulant medications are prescribed by your health care provider for various reasons. Sometimes it is to prevent blood clots from forming, or to lower your chance of a blood clot forming.
- Though sometimes referred to as a “blood thinner”, they do not actually thin the blood. The medication reduces the ability of the blood to form clots.
- Though new oral anticoagulant medications do not require the same blood monitoring as other medications, e.g. Warfarin (Coumadin), your health care provider may still want to do blood tests, particularly if you are taking a high dose of the new oral anticoagulant. Your kidney function may be monitored as it can affect these medicines work in your body.
- Dabigatran (Pradaxa) is the only one of the new anticoagulant agents that has a FDA approved reversal agent: Idarucizumab (Praxbind)
- Herbal drugs/supplements can easily interact with your medicines and, if taken together, may be harmful to your health. These drugs/supplements may also be harmful for certain health conditions or medical procedures.
- Medications, for example; some antibiotics, pain medications like Advil or Motrin (Ibuprofen), Aleve (Naproxen), Aspirin (325 mg regular strength), certain heart/blood pressure medications, some HIV/AIDS medications, antifungal medications, seizure medication (Dilantin, Tegretol), and others may cause you to bleed more easily.
- Alcohol **increases your risk of bleeding** in your stomach or intestines.

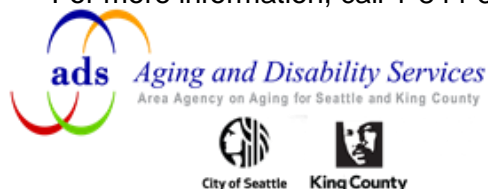
## What can you do?

- Take all medications only as prescribed. Do not take more medication or less medication without talking with your health care provider.
- Inform your health care provider about all medications you are taking, including over the counter medications and herbal medications.
- All anticoagulant medications can increase your risk of bleeding, so use caution to prevent falls and/or injuries. Use extra caution when brushing your teeth or shaving.
- Avoid alcohol.
- Follow your health care provider directions for any blood work or urine tests.
- Talk with your health care provider or dentist before having any surgery.
- Keep all medicines out of the reach of children and pets. Never share your medicine with anyone.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



Aging and Disability Services  
700 Fifth Avenue, 51st Floor • PO Box 34215  
Seattle, WA 98124-4215  
Tel: 206-684-0660 • TTY: 206- 684-0702  
[aginginfo@seattle.gov](mailto:aginginfo@seattle.gov)

[www.agingkingcounty.org](http://www.agingkingcounty.org)