

**McLaren Print System Order**

**Order No: 8965**  
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**Ship Location: McLaren Flint / Sue OBrien Nursing Office**  
**401 S. Ballenger Highway**  
**Flint, MI 48532**

**Brochures**  
**Quantity: 500**  
**Paragon Dept No: 91245**  
**Dept Name: 91245**  
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**Item Number: M-3844**  
**Item Description: Lets Talk About Anticoagulants and Antiplatelet Agents**  
**Revision Date: 2012**  
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**Let's talk about**  
**Anticoagulants and Antiplatelet Agents**

Anticoagulants and antiplatelet agents are medicines that reduce blood clotting in an artery, vein or the heart. Clots can block the blood flow to your heart muscle and cause a heart attack. They can also block the blood flow to your brain, causing a stroke.

These clots are made up of red blood cells, proteins, fats, and white blood cells (platelets). Anticoagulants and antiplatelets prevent these components from sticking together and forming a clot.

**What should I know about anticoagulants?**  
 Anticoagulants (or "blood thinners") are medicines that delay the clotting of blood. Examples are heparin, warfarin and dabigatran.  
 Anticoagulants make it harder for clots to form or keep existing clots from growing in your heart, veins or arteries. Treatment should be managed by your healthcare provider.  
 • Follow your doctor's (or other healthcare provider's) instructions.  
 • If you take warfarin or heparin, have regular blood tests so your doctor can tell how the medicine is working.  
 • The test for people on warfarin is called a prothrombin time (PT) or International Normalized Ratio (INR) test.  
 • The test for people on heparin is called an activated partial thromboplastin time or a PTT test.  
 • Never take aspirin with anticoagulants unless your doctor tells you to.  
 • You must tell other healthcare providers that you're taking anticoagulants.

• Always check with your doctor before taking other medicines or supplements, such as aspirin, vitamins, cold medicine, pain medicine, sleeping pills or antibiotics. These can affect the way anticoagulants work by strengthening or weakening them.  
 • Let your doctor know if you have been started on any new medications that might interfere with the action of warfarin.  
 • Discuss your diet with your healthcare provider. Foods rich in Vitamin K can reduce the effectiveness of anticoagulants. Vitamin K is found in leafy green vegetables, fish, liver, kidney, soybeans, and some vegetable oils.  
 • Tell your family that you take anticoagulant medicine and carry your emergency medical ID card with you.

**Could anticoagulants cause problems?**  
 Yes. Tell your doctor if:  
 • Your nose starts pink or red.  
 • Your stools turn red, dark brown or black.

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