

About Your Blood Thinner

Stay Safe While Taking Your Blood Thinner

Call your doctor and go to the hospital immediately if you have had a bad fall or a hard bump, even if you are not bleeding.



You can be bleeding but not see any blood. For example, if you fall and hit your head, bleeding can occur inside your skull. Or, if you hurt your arm during a fall and then notice a large purple bruise, this means you are bleeding under your skin.

Because you are taking a blood thinner, you should try not to hurt yourself and cause bleeding. You need to be careful when you use knives, scissors, razors, or any sharp object that can make you bleed.

You also need to avoid activities and sports that could cause injury. Swimming and walking are safe activities. If you would like to start a new activity that will increase the amount of exercise you get every day, talk to your doctor.

You can still do many things that you enjoy. If you like to work in the yard, you still can. Just be sure to wear sturdy shoes and gloves to protect yourself. Or, if you like to ride your bike, be sure you wear a helmet.



Tell others.



Keep a current list of all the medicines you take. Ask your doctor about whether you should wear a medical alert bracelet or necklace. If you are badly injured and unable to speak, the bracelet lets health care workers know that you are taking a blood thinner.

To prevent injury indoors:

- Be very careful using knives and scissors.
- Use an electric razor.
- Use a soft toothbrush.



- Use waxed dental floss.
- Do not use toothpicks.
- Wear shoes or non-skid slippers in the house.
- Be careful when you trim your toenails.
- Do not trim corns or calluses yourself.



To prevent injury outdoors:

- Always wear shoes.
- Wear gloves when using sharp tools.
- Avoid activities and sports that can easily hurt you.
- Wear gardening gloves when doing yard work.

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Reviewed 2013