

# Blood Thinner Use Information Card

– **Keep this card with you** –

While taking anticoagulant medicine, also called a blood thinner, you are at higher risk for bleeding. Follow all instructions from your healthcare team.

**Get medical care right away if you have any of the following:**

- Bleeding that does not stop or is very heavy
- Signs of clotting or unusual bleeding (signs vary – your team will tell you what to watch for)
- Serious fall or injury to your head
- Severe headache, confusion, weakness, or numbness
- Coughing up or vomiting blood, or vomit that looks like coffee grounds
- Menstrual bleeding (period) much heavier or longer than normal
- Urine is red or dark brown in color
- Bowel movements are red or look like black tar
- Severe stomachache

**If you have a nosebleed:**

- Apply pressure and ice to your nose and the back of your neck.
- Sit and lean your head and body forward. Do not lie down or put your head back.
- If the bleeding lasts more than 30 minutes, get medical care.

**Update your healthcare team on:**

- Changes in medicines
- Changes in diet, if on warfarin
- New procedures scheduled



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

# My Information

Name: \_\_\_\_\_

## Blood thinner medicine:

\_\_\_\_\_

Tell all healthcare providers you are on this medicine before getting care.

## Primary healthcare provider:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Provider you see for blood thinner:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Reason you are on blood thinner:

\_\_\_\_\_

## In case of emergency, call:

\_\_\_\_\_

Phone number: \_\_\_\_\_

Relationship: \_\_\_\_\_

If cannot reach first contact, call:

\_\_\_\_\_

Phone number: \_\_\_\_\_

Relationship: \_\_\_\_\_

## Emergency alerts and tools:

I wear a Medical ID bracelet or tag.

I have Medical ID on my phone.

I have MyChart.

Ask your healthcare team about these.