

Want more information about conditions that cause harmful blood clots?

Atrial Fibrillation (AF)

heartrhythmalliance.org/afa/uk/atrial-fibrillation

Deep Vein Thrombosis (DVT)

anticoagulationuk.org/prevention/dvt

Pulmonary Embolism (PE)

nhs.uk/conditions/pulmonary-embolism/Pages/Introduction.aspx

There are many patient support organisations that can help you. They also produce factsheets on each anticoagulant, and some have telephone helplines available to answer your questions.

ACE

anticoagulationuk.org/

AF Association

heartrhythmalliance.org/afa/uk/

Tel: 01789 867502

British Heart Foundation

bhf.org

Tel: 0300 330 3311

Thrombosis UK

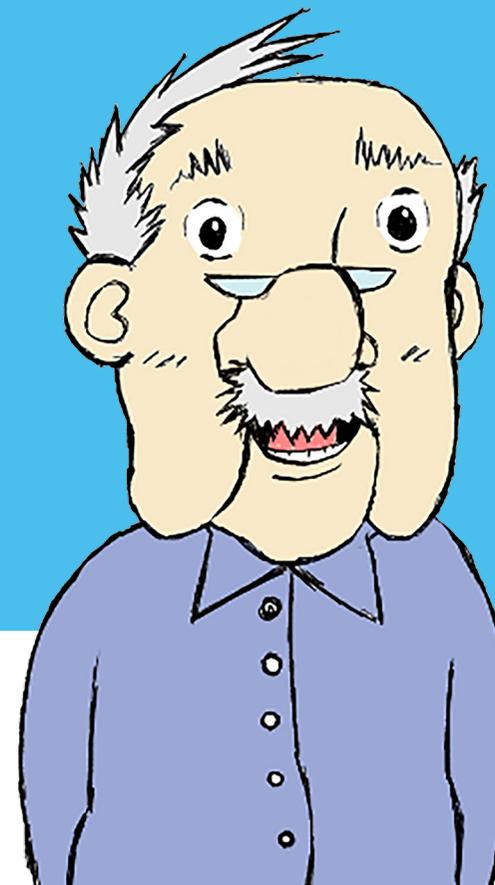
thrombosisuk.org

Tel: 0300 7729603



Watch the video online at wessexahsn.org.uk/jack or find out more about Jack at wessexahsn.org.uk/projects/145/starting-anticoagulation-with-jack

Starting Anticoagulation with Jack



Endorsed by:

So what are Anticoagulants?

Anticoagulants are medicines which prevent harmful blood clots. Anticoagulants do this by slightly changing the balance of the natural clotting process. This means that you are less likely to get a blood clot but you may bleed a little more than usual if you injure yourself or have another health problem which causes bleeding.

Anticoagulants include medicines that you can take by mouth like warfarin, apixaban, dabigatran, edoxaban and rivaroxaban. They also include many medicines that need to be given by injection like enoxaparin, dalteparin, tinzaparin or fondaparinux.

Some people may experience side effects from anticoagulant medicines, but most do not. If you take your anticoagulant as recommended by your doctor, nurse or pharmacist and discuss any concerns with them, it is unlikely you will have any significant problems from the medicine.

If you notice signs of unexpected bruising or bleeding do not take the next dose of medicine and report these symptoms to your GP, pharmacist or nurse immediately. If the symptoms are severe or not resolving you should go to your local A&E department as soon as possible.

Unexpected bleeding symptoms may include:

- Nosebleeds which last longer than 10 minutes
- Blood in stools or black 'tarry' stools
- Blood in vomit or sputum (spit)
- Blood in urine
- Large bruises that develop for no clear reason
- Extreme headache with drowsiness or weakness

Talk to your community pharmacist

They will help you understand your medicines and find a way to help you take them regularly each day. Taking your medicines regularly is really important. What do you do every day which could help you to remember to take your medicines?

Make sure you have an anticoagulant alert card in your wallet or purse so it's clear that you are on an anticoagulant and why. Tell your family and friends. All of these things can help healthcare professionals with your care if you become unwell.



See the video at: wessexahsn.org.uk/jack