

Anticoagulation

For whom? Why?



Coagulation is a mechanism by which normal blood flow is maintained within the veins and arteries. When there is an injury, a clot should form quickly in the affected area to stop the bleeding. However, blood could clot abnormally, forming a thrombus and clogging the veins or arteries, preventing the passage of nutrients and oxygen.

For this reason, anticoagulant medications are necessary.

What are anticoagulant medications?

These are substances that reduce or modify blood coagulation inside the arteries, veins and heart.

What are they for?

They try to dissolve clots (thrombus), preventing its reappearance and reducing complications.

As an anticoagulated patient, you should always keep in mind the following recommendations:



- ◆ Carry your ID card at all times.
- ◆ Take or apply the anticoagulant always at the same time.
- ◆ Do not change the dose or discontinue the medication without the authorization of your treating physician.
- ◆ If you miss a dose, you have up to 6 hours to take it.
- ◆ After this time, skip it and take the next dose at the usual time. YOU SHOULD NOT TAKE A DOUBLE DOSE. Remember to report it to the Anticoagulation Clinic.
- ◆ Do not self-medicate (even with vitamins or homeopathic medicines).
- ◆ Always attend your check-ups on the indicated date.
- ◆ Avoid intramuscular injections.
- ◆ Watch for the presence of warning signs.
- ◆ Avoid falls or blows.
- ◆ Report to the Anticoagulation Clinic if you have gone to the emergency room or you require hospitalization.
- ◆ Do not drink herbal waters or infusions.



Alarm signs or symptoms

- ◆ Sudden, persistent and/or very intense headache.
- ◆ Sudden dizziness, fainting or loss of consciousness.
- ◆ Sudden weakness or loss of strength in a limb or side of the body or one side of the body.
- ◆ Sudden slurred speech.
- ◆ Intense and/or persistent pain in a joint (ankle, knee, wrist, elbow, shoulder, shoulder, knee, wrist, elbow, shoulder or hip).
- ◆ Sudden and/or persistent blurred vision.
- ◆ Oppressive chest pain, with or without shortness of breath.
- ◆ Severe bleeding from nose or mouth.
- ◆ Pink, reddish or brown urine.
- ◆ Vomiting blood.
- ◆ Black, foul-smelling or bright red bloody stools.
- ◆ If you have a wound that will not stop bleeding despite compression.
- ◆ Any other sign or symptom you may consider severe and that need to be reported.

What to do if you present at least one of the alarm signs or symptoms?

Immediately contact a home medical emergency service or go to the nearest emergency room.

Informs **health care profesional:**

- ◆ That you are an anticoagulated patient.
- ◆ Name and dose of anticoagulant.
- ◆ Date of the last dose received.
- ◆ Reason why you are anticoagulated.

When returning home, you should receive the following documents from the place where you've been hospitalized:

- ◆ Anticoagulation prescription to claim at the assigned pharmacy of your health care entity.
- ◆ Appointment order for Anticoagulation Clinic.
- ◆ Order for labs.



Scan the QR code and go to more information of your interest.

Anticoagulation clinic

Patient and family education

Tel: 60 2 331 9090 Ext. 7424

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Monday to Fryday 7:00 a.m. - 4:00 p.m.



For comments and suggestions, please contact the Information and Customer Service Department. SIAU Ext. Main office: 4190 siau@fvli.org.co

