



BLEEDING RISK:

Discussion Guide for People Prescribed Anticoagulants or Blood Thinner Medications

It's important to understand how your prescribed anticoagulant or blood thinner medication treats and prevents blood clots. If you ask important questions during a conversation with your healthcare provider, you will better understand what to expect.

This discussion guide will help you have a productive dialogue with your healthcare provider during your next appointment. It will also help ensure that you are prepared in the event of an emergency. It may be helpful to have a family member or close friend join you at your appointments to help you take notes and provide support.



QUESTIONS TO ASK

These questions will help you start a dialogue with your doctor about your anticoagulant or blood thinner medication.

- 1 Can you recommend how I can reduce my risk for bleeding while taking the blood thinning medication you prescribed for me?
- 2 Is there anything I can do to minimize any bleeding risk raised by my favorite activities, hobbies, and upcoming travel plans?
- 3 What types of side effects should I be on the lookout for, in general?
- 4 How will I know when a bleeding incident is serious enough that I need to seek medical attention? Under what circumstances or when exactly should I seek medical care for bleeding that might be serious?
- 5 Is there a way for me to prepare to travel long distances and always know that I am prepared in case I experience an injury or major bleeding?
- 6 If I am traveling and do have an accident or experience a major bleed, what should I do? What should my friends/family do?
- 7 Do any of my planned medical or dental procedures require special management of my anticoagulation therapy? How should I discuss this with my other doctors or dentist?
- 8 If I were to experience an uncontrolled bleed, how would it be managed?

Additional notes or questions for my doctor

Please list any additional notes or questions you would like to discuss with your doctor about your anticoagulant or blood thinner medication.

Before your appointment is complete, review your list of questions and make sure you have the answers you need.