

## Awareness of Bleeding Risks

Anticoagulants and antiplatelets are often considered HIGH ALERT medications. Anticoagulants **prevent blood clot formation** by interfering with different factors in the blood coagulation cascade. Various uses of anticoagulants include prevention or treatment of deep vein thrombosis (DVT) or pulmonary embolism (PE), and stroke prevention in patients with atrial fibrillation. Antiplatelets help make blood clots less likely by **preventing platelets from sticking together**.

*\*\*Elderly persons may be more sensitive to the effects of anticoagulants and antiplatelets.\*\**

## Medications and Supplements with Associated Bleeding Risk

### Medications

Aggrenox (aspirin/dipyridamole ER)  
Arixtra (fondaparinux)  
Aspirin  
Brilinta (ticagrelor)  
Coumadin (warfarin)  
Effient (prasugrel)  
Fragmin (dalteparin)  
Heparin  
Lovenox (enoxaparin)  
NSAIDs, (e.g., ibuprofen)  
Plavix (clopidogrel)  
Pradaxa (dabigatran)  
Ticlid (ticlopidine)  
Xarelto (rivaroxaban)

### Commonly Used Supplements

cod liver oil, fish oil, ginseng, garlic,  
gingko, saw palmetto

Using more than one agent listed can increase risk of bleeding. Check with prescriber for appropriateness of therapy and any necessary laboratory monitoring (INR, CBC, creatinine, etc).

**Contact Prescriber Immediately  
If Unusual Bleeding is  
Suspected!**

## Complications

### **Signs and Symptoms of Serious Bleeding**

- Prolonged bleeding from a cut
- Nose bleed that will not stop
- Bleeding from gums
- Red or dark brown urine
- Red or black (tarry) stool
- Any prolonged or excessive bleeding
- Bruises that do not heal (especially on the abdomen)
- Anemia / decreased hematocrit/hemoglobin

### **Signs and Symptoms of Pulmonary Embolism**

Sudden coughing (with or without blood)  
Sharp chest pain  
Shortness of Breath

### **Signs and Symptoms of Deep Vein Thrombosis**

Swelling and weakness in leg(s)  
Pain or tenderness in leg(s)  
Warm/redness of skin of affected leg(s)

### **Signs and Symptoms of Stroke (FAST!)**

**F**- Facial weakness (Can they smile? Facial droop? Blurred vision?)  
**A**- Arm weakness (Can they raise both arms equally or as normally do?)  
**S**- Speech clarity (Can they repeat a simple sentence? Are they oriented?)