

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

抗凝血劑藥物指導

Sir/Lady:

Topic of nursing instructions provided here: Information of drug use

Contents: Instructions for anticoagulant medicine

I. Effect: To prevent the formation or re-formation of blood clots.

II. Precautions:

- (1) If you have allergies, blood-related diseases, diabetes, liver or kidney diseases, hypertension, epilepsy, stroke, arthritis, thyroid disorders, or recent infections, surgery, peptic ulcers, gastrointestinal bleeding, or if you are pregnant, planning to get pregnant, or breastfeeding, please inform your doctor before starting the medication.
- (2) If you experience abnormal bruising or bleeding spots, hematuria, bloody stool, or abnormal bleeding from the eyeballs, gastrointestinal tract, nose, or sputum, or nausea, vomiting, diarrhea, fever, loss of appetite, hair loss, itching, rashes, or even skin necrosis, please notify your doctor immediately.
- (3) Please follow the doctor's instructions and regularly have your prothrombin time tested. If you need surgery, tooth extraction, or any invasive procedures that may cause bleeding, make sure to inform the medical staff that you are currently taking anticoagulants to ensure your safety.
- (4) Avoid behaviors that may cause bleeding (for example, you can use a soft-bristled toothbrush instead of a hard-bristled one).
- (5) Warfarin medications (e.g., Orfarin) can interact with many foods and supplements, which affects their efficacy. Limit the intake of food rich in vitamin K (e.g., green tea, smoked pork, organ meat, green leafy vegetables, and broccoli). Supplements like ginkgo and Chinese angelica, which decrease platelet function⁵, should also be avoided.
- (6) Do not consume alcohol or over-the-counter medications containing aspirin or cough suppressants arbitrarily, as they may interfere with the effects of anticoagulants.
- (7) Do not stop or increase the current medication on your own, nor should you take any other medications that affect blood clotting function (especially aspirin, vitamin K, high doses of vitamin E, etc.), as they may lead to spontaneous bleeding,

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including intracranial bleeding.

- (8) If you are using the new anticoagulant dabigatran capsules (e.g., Pradaxa), do not open or crush the capsules when taking them to avoid increasing the risk of bleeding.
- (9) Avoid intramuscular injections.
- (10) For those on long-term diuretics, potassium ions (e.g., orange juice, bananas) should be supplemented.

If you are still unclear about something or have any questions, please contact the nursing station in the ward