

# General Safety Tips While Taking an Anticoagulant

Because anticoagulant medications affect your blood clotting ability, anytime you bleed can be dangerous.

Follow this checklist to help prevent injuries while taking an anticoagulant.

**Do:** Wear a medical identification bracelet or carry information with you stating that you are on an anticoagulant medication.

**Do:** Use an electric razor when shaving, instead of a blade.

**Do:** Be careful when working with sharp tools around the house or at work.

You may want to ask someone else to cut or chop things for you.

**Do:** Wear shoes or footwear that covers and protects your entire foot.

**Do:** Take care to avoid falls.

Falls can lead to internal bleeding. If you do fall, or hit your head, call your healthcare provider and seek medical attention even if you don't see blood.

**Do:** Pick physical activities that are safe and controlled.

**Do:** Apply pressure if you get a cut, until the bleeding stops. If it doesn't stop after 10 minutes, keep applying pressure to the injury and go to the emergency room or call 911.

**Do not:** Choose a physical activity that has a greater chance for injury, like contact sports.

**Do not:** Skip putting on your seatbelt when traveling by car.

Prevent injury whenever you can. Follow this checklist to help stay safe while taking an anticoagulant medication.