

Your Health Checklist: Preventing Injuries While Taking Warfarin

Because you are taking Warfarin, an anticoagulant or blood thinner, anytime you bleed because of a cut or if you suffer a fall, you have to take special care.

Follow this checklist to help prevent injuries while taking Warfarin.

Do: Wear a medical identification bracelet or carry information with you stating that you are taking Warfarin.

Do: When shaving, use an electric razor 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: Always 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 activity that is safe and controlled.

Do: Apply pressure to 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 you to stay safe while taking Warfarin.