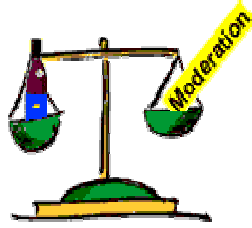


Don't take more than moderate amounts of alcohol. Marked changes in consumption can be very dangerous



THE HEDON GROUP PRACTICE

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At

Market Hill House

Hedon

HU12 8JD

Tel: (01482 899111)

And

Chapel Lane

Keyingham

HU12 9RA

Tel: (01964) 622706

PREGNANCY

Oral anticoagulants taken in the early weeks of pregnancy carry a small risk of damaging the unborn child. If you are a woman of child-bearing years receiving oral anticoagulants you should not start a pregnancy without consulting your Doctor, who will be able to decide whether or not you should continue your anticoagulant therapy. If you find that your period is one week overdue, and you think you may be pregnant, you must see your Doctor straight away.

ANTICOAGULANT TREATMENT

*This leaflet has been produced
for the patients of The Hedon
Group Practice*

What is Anticoagulant Treatment?

An anticoagulant stops your blood from clotting within the blood vessels. The treatment is safe provided you follow the **DO's** and **DONT's** listed in this leaflet

ALWAYS CARRY YOUR CARD WITH YOU AND SHOW IT TO YOUR DOCTOR OR DENTIST WHEN OBTAINING TREATMENT. SHOW IT TO YOUR PHARMACIST WHEN YOU ARE HAVING A PRESCRIPTION DISPENSED AND WHEN PURCHASING MEDICINES. AS THE PHARMACIST CAN ADVISE YOU, IT IS IN YOUR OWN INTEREST THAT YOU PURCHASE ALL MEDICINES FROM A PHARMACY. ALSO SHOW IT TO ANYONE GIVING TREATMENT WHICH MAY RESULT IN BLEEDING.

DO's

Do carry your card with you. Show it to the Doctor, Dentist or Pharmacist before you receive any treatment or medicine.

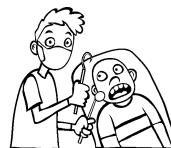
Do keep your appointments for your blood to be checked. While taking anticoagulants you must have regular blood tests to check the dose of tablets you need. If you cannot attend tell the Doctor or Clinic and make another appointment.



Do inform the Doctor of bruising and bleeding problems immediately.

For example:-
Prolonged bleeding from cuts,
Bleeding that does not stop by itself,
Nose bleeds,
Bleeding gums,
Red or dark brown urine,
Red or black stools,
For women, increased bleeding during periods (or any other vaginal bleeding).

Do remind your Doctor or Dentist that you are taking an anticoagulant if any surgery or dental treatment is needed.



Do take your tablets at the same time each day.

Remember the name, strength and colour of your anticoagulant.

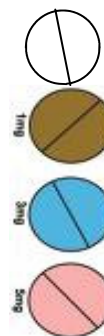
Warfarin tablets in the United Kingdom are:

500 mcg (0.5mg) (WHITE)

1mg (BROWN)

3mg (BLUE)

5mg (PINK)



DONT's

Don't miss a dose of anticoagulant: If you do, make a note of the date and tell the Clinic when you next have a blood test. If you miss more than one dose, ask your Doctor for advice.

Don't take an extra dose of anticoagulant if you are unsure if you have taken your tablets. If necessary, use a calendar and mark off each dose by a line through the date.

Don't run out of tablets: Always ensure you have a further week's supply.

Don't take Aspirin or any preparation containing Aspirin (Acetylsalicylic acid) unless this is prescribed by a Doctor who knows you are taking



anticoagulants. Aspirin is present in many painkillers and flu medicines, and may not be displayed on the container. If in doubt, ask the Pharmacist or Doctor. Paracetamol can be

taken in normal doses while on anticoagulants. Many other types of tablets may also interfere with anticoagulant treatment and these include some sleeping tablets or sedatives, liquid paraffin, antibiotics, cholesterol lowering agents and some medicines for epilepsy. If in doubt, always ask. Always tell the clinic about any changes in your medicine.

Don't go on crash diets or start "binge" eating. Consult your Doctor on dietary changes