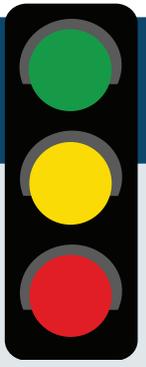


# ZONE TOOL | Anticoagulation (Blood Thinner) Medication



## GREEN Zone: Great Control

- No swelling
- No increase in shortness of breath
- No chest pain
- No active signs of bruising or bleeding
- Able to do all your activities
- Taking medication at the same time every day

## GREEN Zone Means:



- Your symptoms are under control
- Continue taking your medications as ordered
- Keep your diet consistent (If you are on warfarin)
- Keep all physician appointments
- Refill any medications as needed



### If taking warfarin:

- ✓ Keep your appointments to get your INR checked
- ✓ Your diet has not changed in regards to foods high in vitamin K (such as green, leafy vegetables)

## YELLOW Zone: Caution. Call Your Physician!

Call your physician if you experience any of the following:

- A nosebleed that will not stop after pressure is applied for 10 minutes
- Heavy bleeding from gums
- Bruises for no reason
- You are ordered **ANY** new medication or begin taking an over-the-counter medication
- Scheduled procedure, surgery, or major dental work

## YELLOW Zone Means:



- Call your physician or healthcare provider to evaluate
- These changes or symptoms may put you at risk of bleeding or clotting
- Your symptoms indicate you may need an adjustment in your medications
- The physician or pharmacist may adjust your blood thinner if you are ordered any other new medications



### If taking warfarin:

- ✓ You don't get your INR test regularly OR your results are too high or too low

## RED Zone: Take Action!

- Uncontrolled bleeding that you cannot stop in five minutes when pressure is applied
- Pink, red, or frothy spit
- Vomit that looks like coffee grounds
- Urine that is pink, brown, or red
- Stools that are dark brown, black or red
- Blurred vision in one or both eyes
- Severe stomach or back pain, headache, dizziness, fainting, or body weakness
- Experience a major accident, serious fall, or hit your head (even if you don't look hurt), or have a change in memory

## RED Zone Means:



**Call 911** or go to the Emergency Department to seek medical attention!

**Your Medication:** \_\_\_\_\_

**Your Goal INR:** \_\_\_\_\_  
(Warfarin only)

*If you have a question about why you are on a certain blood thinner, ask your doctor.*

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