

Treatment using anticoagulants
(e.g. Sintrom®, Marcoumar®)

- Small quantities of alcohol do not change the anticoagulation effect; however, larger quantities may significantly increase it!
- As your blood is less coagulable, small injuries may bleed more severely and for longer. Slight 'bruising' may occur if bumped and, in women, menstrual flow may be heavier than usual.
- Sporting activities in the form of martial arts should be avoided.
- Ensure you have an adequate supply of anticoagulants, so that you do not find yourself without the necessary medication at the weekend or on holiday.

New oral anticoagulants (NOACs) have recently become available for use (Pradaxa®, Xarelto®, Eliquis®). Use of these medications no longer requires laboratory testing. This represents a great advantage to the affected patients. On the other hand, there is an absence of controls which encourage the regular use of medication.

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Our patients are therefore urged to take these medicines particularly carefully and consistently.

Furthermore, reimbursement by the health insurance funds is dependent on the medical indication of treatment. The doctor treating you will be happy to explain to you the advantages and disadvantages of each class of medicines. Incidentally, the same provisions and recommendations apply for NOACs as, for example, for Marcoumar® or Sintrom®.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

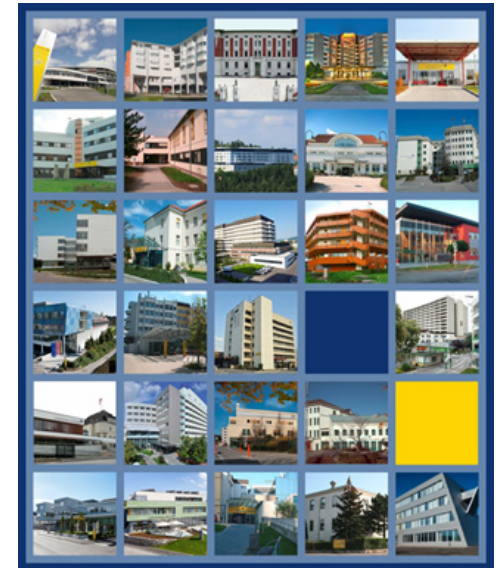
Your treatment team

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Discharge information



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**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Dear Patient,

It is necessary for you to receive treatment using anticoagulants.

The effect of the medication is to reduce blood clotting. This is determined using a Thrombotest (TT) or Quick Test and indicated as an INR value (International Normalized Ratio).

Without treatment, the Thrombotest value is 70–120% and the is INR 1.0. The target values are dependent on the reason for treatment and are determined by the doctor. As a general rule, these are 5–17% for the Thrombotest, 15–30% for the Quick Test and 2.0 to 3.5 for the INR.

The objective of treatment is to prevent thromboses or embolisms.

However, the treatment is also associated with the **risk of bleeding**.

At the onset of nosebleeds, bruising without cause, blood in the urine and black stools, you should contact a doctor or the coagulation outpatient clinic without delay.

Be sure to take precisely the prescribed dose and check your coagulation status on the prescribed dates.

Certain medications, such as Aspirin® and Thrombo ASS® strengthen the effect of anticoagulants like Marcoumar® and therefore must be taken only under medical supervision.

Other medications, which strengthen or weaken the effect may only be taken after consultation with a doctor.

Intramuscular injections into the gluteal muscle may cause bleeding and should not be administered. Subcutaneous injections under the skin or intravenous injections into the veins may be administered as can vaccinations in the upper arm.

Inform the doctor/dentist treating you (in case of accidents and before surgery) about your treatment and show them your **anticoagulation ID card**.

We would like to make the following recommendations for your everyday life at home:

- Anticoagulation medications must be taken regularly and strictly in accordance with the plan. If you miss a dose, then do not, under any circumstance, take a double dose the following day. Instead continue with the therapy according to the plan and notify your GP.
- Vitamin K is the antidote for anticoagulants. As some foods are rich in vitamin K, overindulgence in these may negate the effect of your medication. Therefore, all types of cabbage, spinach, soya beans, tomatoes, bananas and offal should only be eaten in moderation.