

这些信息是抗凝血药处方或给药的补充资料。
请参阅处方或药物标签的详细指示说明。

何为抗凝血药？

抗凝血药是减慢凝血过程的药物。抗凝血药用于治疗及预防血栓。血栓可能会堵塞血管并导致中风或心脏病发。

如何服用抗凝血药：

务必谨遵指示服药。未经咨询医生或药剂师，不得改变剂量（即增加或减少药量）。

除非经医生或药剂师指示，否则不可停药。

如错过服用一剂，请与您当地的医生（家庭医生）或诊所联系。千万不要服用双倍剂量。

每天在同一时间服药。

可能有什么副作用？

抗凝血药的主要副作用是出血。

如出现以下症状，请与您的医生联系：

- 严重的瘀青
- 大便或小便带血
- 鼻出血持续 10 分钟以上
- 呕吐物带血
- 咳血

应怎么办？

观察身体是否出现出血或瘀青过多的情况。

如出现以下情况，请与您的医生联系：

- 割伤后经持续按压都未能止血
- 严重摔伤或撞击头部

务必随身携带（如放入钱包或手提袋内）服用抗凝血剂的信息。

了解需要服用抗凝血剂多长时间。

药物用尽或旅游之前，应约见您当地的医生以获得新的处方。

避免从事接触性运动或容易受伤的活动。做园艺工作时应戴园艺手套以减低受伤风险。

手术或牙科治疗前

在接受任何医学或牙科治疗之前，应将您正在服用抗凝血药的情况告知医生、牙医或其他的医护专业人员。

在接受治疗之前，您也许需要短时间停用抗凝血药。

开始用新药

抗凝血药可能会与其他药物产生相互作用。

务必要将您服用其他药物（包括非处方药）的情况告知您当地的医生及药剂师。

Taking anticoagulant medicines

This information is intended to accompany prescription or supply of anticoagulant medicines. Please refer to prescription or label for specific instructions.

What are anticoagulants?

Anticoagulants are medicines that slow down the process of blood clotting. Anticoagulants are used to treat and prevent blood clots. A clot may block the blood vessel and lead to a stroke or heart attack.

How to take your anticoagulant medicine:

It is important to follow the directions closely. Do not change the dose (take more or less of the medicine) without checking with your doctor or pharmacist.

Do not stop taking the medicine unless you have been told to by a doctor or pharmacist.

If you miss a dose, contact your local doctor or clinic. Never take a double dose.

Take your medicine at the same time every day.

What side effects could I get?

The major side effect of anticoagulant medicines is bleeding.

Contact your doctor if you experience:

- Severe bruising
- Passing blood when you go to the toilet
- Nosebleeds lasting longer than 10 minutes
- Blood in your vomit
- Coughing up blood

What do you need to do?

Monitor your body for signs of excessive bleeding or bruising.

Contact your doctor if you:

- Cut yourself and the bleeding won't stop after applying constant pressure
- Have a serious fall or hit on the head

Make sure you carry information about the anticoagulant at all times (e.g. in your purse or wallet).

Know how long you need to continue taking the anticoagulant.

Make an appointment to get a new prescription from your local doctor before you run out and before you travel.

Avoid contact sports or activities in which injuries are common. Wear gardening gloves when gardening to reduce the chance of injuring yourself.

Before surgery or dental work

Before you have any medical or dental treatment, tell the doctor, dentist or other health care professional that you are taking an anticoagulant.

You might need to stop taking the anticoagulant for a short time before the treatment.

Starting new medicines

Anticoagulant medicines may interact with other medicines.

Make sure your local doctor and pharmacist know of any other medicines that you are taking, including ones that you can buy without a prescription.