

這些資訊是抗凝血藥處方或給藥的補充資料。  
請參閱處方或藥物標籤的詳細指示說明。

## 何為抗凝血藥？

抗凝血藥是減慢凝血過程的藥物。抗凝血藥用於治療及預防血栓。血栓可能會堵塞血管並導致中風或心臟病發。

## 如何服用抗凝血藥：

務必謹遵指示服藥。未經諮詢醫生或藥劑師，不得改變劑量（即增加或減少藥量）。

除非經醫生或藥劑師指示，否則不可停藥。

如錯過服用一劑，請聯絡您當地的醫生（家庭醫生）或診所。千萬不要服用雙倍劑量。

每天在同一時間服藥。

## 可能有什麼副作用？

抗凝血藥的主要副作用是出血。

如出現以下症狀，請聯絡您的醫生：

- 嚴重的瘀青
- 大便或小便帶血
- 鼻出血持續 10 分鐘以上
- 嘔吐物帶血
- 咳血

## 應怎麼辦？

觀察身體是否出現出血或瘀青過多的情況。

如出現以下情況，請聯絡您的醫生：

- 割傷後經持續按壓都未能止血
- 嚴重摔傷或撞擊頭部

務必隨身攜帶（如放入錢包或手提袋內）服用抗凝血劑的信息。

了解需要服用抗凝血劑多長時間。

藥物用盡或旅遊之前，應約見您當地的醫生以獲得新的處方。

避免從事接觸性運動或容易受傷的活動。做園藝工作時應戴園藝手套以減低受傷風險。

## 手術或牙科治療前

在接受任何醫學或牙科治療之前，應將您正在服用抗凝血藥的情況告知醫生、牙醫或其他的醫護專業人員。

在接受治療之前，您也許需要短時間停服抗凝血藥。

## 開始用新藥

抗凝血藥可能會與其他藥物產生相互作用。

務必要將您服用其他藥物（包括非處方藥）的情況告知您當地的醫生及藥劑師。

# 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.