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*Information for You from Your Health Care Team*  
**Bleeding Precautions**

If you are taking medicines that thin your blood you have more of a chance of bleeding. It is important to watch for any signs of bleeding.

**Call your doctor immediately if you have any of these signs of bleeding:**

- Bleeding from your gums or nose
- Coughing up or vomiting blood
- Red or black bowel movements
- Red or dark-brown colored urine
- Unusually heavy menstrual bleeding
- Bruising easily, purple spots on the skin
- Severe headache
- Heavy bleeding from cut or wounds that will not stop

**Bleeding Precautions**

- Use an electric razor
- Avoid contact sports
- Use a soft toothbrush
- Wear a helmet when on a bike, using roller blades or skateboard
- Check your skin for new bruises
- Be careful when doing any activity that you could be hurt doing

**Bleeding precautions and your diet**

It is important to avoid certain foods that will change the way these medicines work.

**Foods that contain vitamin K decrease the way the medicine works.** Some of these are lettuce, Brussels sprouts, canola oil, coffee more than 3 cups a day, collard greens, coriander, green cabbage, green scallions, green tea leaves, green tomatoes, parsley, seaweed, soybean oil, swiss chard, turnip greens, spinach, broccoli, or beef or pork liver. If there are foods that are not on this list that you have questions about, please ask your nurse, doctor or dietician. Do not change your diet without speaking to your nurse, dietician or physician.