

Blood Thinners: Six Signs, One Fall Rule

The six bleeding signs to know, the fall that means call even without a cut, and what to keep steady.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & NHLBI · sources below

Cleveland Clinic says to get immediate medical care after any fall where you hit the floor or an object, even with no cut or bleeding wound, and especially if you hit your head. The same applies to a car crash or any object that leaves a severe bruise.

✓ Do This

Time Any Bleed You Get

- Gums, nose, cuts and scrapes
- Under steady pressure
- More than 5 to 10 minutes

COACH'S TIP Mayo Clinic puts a clock on it.

Call For Unexplained Bruises

- Bruising more easily than before
- Cleveland Clinic names both
- Bruises you cannot account for

COACH'S TIP New bruising is a signal.

Treat Dizziness As A Sign

- Unusual dizziness or weakness
- It can mean unseen bleeding
- Unusual tiredness counts too

COACH'S TIP Do not wait it out.

Watch Urine And Stool

- Red, orange or brown urine
- Or visibly bloody stool
- Black stool, or like tar

COACH'S TIP Both sources name these.

Tell Every Provider

- Doctor, dentist and pharmacist
- Even for a vaccine
- Even for a routine cleaning

COACH'S TIP A dose may need lowering.

Keep Vitamin K Steady

- Lettuce, spinach and broccoli
- Do not cut them out
- Same amount week to week

COACH'S TIP Steady beats healthy here.

✗ Do Not

Do Not Wait Out A Fall

- Even with no cut at all
- Brain bleeds are the risk
- Especially after a head knock

COACH'S TIP Call, do not watch.

Do Not Call Them Blood Thinners

- Nothing gets thinner
- Existing clots break down
- They reduce clotting ability

COACH'S TIP The name is a nickname.

Do Not Apply Warfarin Rules Twice

- Vitamin K affects warfarin
- DOACs need no routine labs
- Not other blood thinners

COACH'S TIP Ask which one you take.

Do Not Stop Because You Feel Fine

- Never stop without your team
- Surgery pauses are supervised
- Some courses run for life

COACH'S TIP Mayo Clinic is explicit.

Do Not Double A Missed Dose

- One missed, take when you recall
- Never take a double dose
- Two missed, phone the team

COACH'S TIP Never double up.

Do Not Add Anything Silently

- Aspirin and ibuprofen interact
- So do many antibiotics
- So do garlic and ginkgo

COACH'S TIP Check before you start it.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

5 to 10 min of bleeding means call, Mayo Clinic

3 months is the higher risk window, Mayo Clinic

1 fall is enough to call, Cleveland Clinic