



PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Blood Thinning Medication

This information explains nursing discharge instructions for blood thinning medication from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC).

Blood Thinning Medication

You are being discharged on a medication that makes it more difficult for your blood to clot. This means you are more likely to bleed.

- Be careful when doing everyday tasks, such as brushing your teeth and shaving.
- Avoid activities that might lead you to bump, scrape, or cut yourself.
- Take your medications as prescribed. Do not skip a dose unless directed by your healthcare provider.
- Review the patient education information your healthcare provider gave you.

Talk with your healthcare team before taking:

- Other medications that may thin your blood, such as NSAIDS (including ibuprofen and aspirin).
- Any new over-the-counter medications, vitamins, or supplements.

- Please refer to the medication-specific handout provided to you.

Call your MSK healthcare team or go to the nearest emergency room if you have:

- Dark or bloody stools (poop)
- Coughing or vomiting (throwing up) blood
- Nosebleeds
- Bleeding gums
- Confusion
- Head injury
- Bleeding that will not stop

Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at www.mskcc.org/pe

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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