

# Blood Thinner Decision Worksheet: For Patents with AFib

Fill out this worksheet to prepare for your doctor's visit.

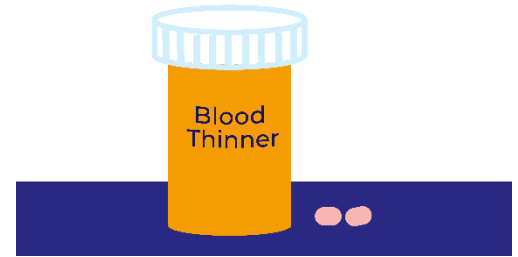
Many people find it useful to bring this worksheet to their appointment.

## Key Messages

Check  to discuss with your doctor



1. AFib can lead to a stroke, even if you can't feel anything.



2. Taking a blood thinner will greatly reduce your risk of stroke.



3. For most people, the benefits of Blood thinners outweigh the risks.



4. Taking a blood thinner is your choice. You can always change your mind.

## Risk Factors for Stroke

Circle the statements that apply to you

2 points each

I am age 75 or older

I have had a stroke, a stroke is a blood clot in the brain

1 point each

I have diabetes

I am between the ages 65 – 74

I am female

I have vascular disease

I have high blood pressure

I have heart failure

My risk score: \_\_\_\_\_points\*

\*Many patients benefit from a blood thinner with a score of at least 2 points (men) or 3 points (women).

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Blood Thinner Decision Worksheet

## Questions to Ask Your Doctor

Check  to discuss with your doctor

What are the risks in taking or not taking a blood thinner?

What should I be careful of when I'm on a blood thinner?

How much does a blood thinner cost?

Will a blood thinner interact with other medication I take?

Is it OK to stop the blood thinner when I want to do certain activities?

Which blood thinner is best for me?

Warfarin (Coumadin)

Rivaroxaban (Xarelto)

Edoxaban (Savaysa)

Apixaban (Eliquis)

Dabigatran (Pradaxa)

## I'm concerned about...

Side effects of blood thinners

Needing to change my lifestyle

Reversing the effects of blood thinners

## Do You Think You Will Take a Blood Thinner?

I'm leaning towards . . .



Taking a  
blood thinner

Unsure

NOT taking a  
blood thinner

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_