

Blood Thinner Decision Worksheet: For Patents with AFib

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

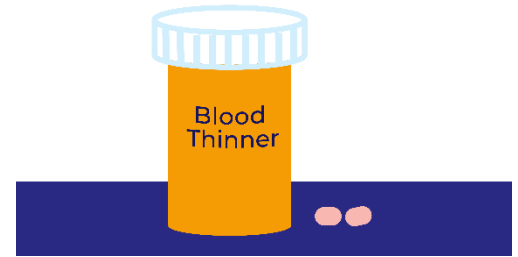
Many people find it useful to bring this worksheet to their appointment.

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: _____

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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: _____
