

WellLife

A guide for living
on warfarin



Patient Safety Checklist

Use this checklist and walk around your home to review potential hazards.



FLOORS:

- Remove extra rugs or use rugs with slip-proof grip
- Keep your hallways free of clutter
- Coil or tape electrical wires so you do not trip



STAIRS AND STEPS:

- Install brighter bulbs and nightlights
- Repair loose carpet and uneven steps
- Use handrails when going up and down stairs



BEDROOMS:

- Have a lamp close to the bed so it's easy to reach
- Have a clear path from your bed to the bathroom
- Use nightlights where you walk



KITCHEN AND BATHROOMS:

- Keep things you use often on lower shelves
- Get help if you need to reach for something
- Use non-slip rubber mat or strips in your bathtub
- Install safety rails in bathroom or shower



Other things you can do to prevent injury:

- Ask your doctor about ways to improve balance
- Wear non-slip shoes and slippers
- Have your doctor review all medicines
- Have your vision checked at least once a year
- Keep emergency numbers by each phone
- Use medical alert jewelry (bracelet/necklace) to identify that you are taking an anticoagulant



Remember, if you fall or bump your head, report it to your doctor.

