

Your care plan for PE

Enoxaparin_____

- ☐ Your care team will call you and set up a time for you to come in and get your shot.
- ☐ A nurse will come to give you your shot.
- ☐ You or your caregiver will give you your shots.
- ☐ Take 1 shot per day ☐ Take 2 shots per day

Take shot at: _____ Take shots at _____ and _____

It's best to take your shot at the same time each day. If you're taking 2 shots a day, try to take them about 12 hours apart (for example at 8:00 in the morning and again at 8:00 at night.)

Warfarin_____

- ☐ Take 10 mg of warfarin
Day 1 _____ and Day 2 _____

- ☐ Continue taking warfarin as follows:

- ☐ Take 5 mg of warfarin on
Day 1 _____

- ☐ Continue taking warfarin as follows:

Follow the instructions for taking your medicine carefully. Use a calendar to help you remember to take your medicine. Call your doctor or member of your care team right away if you miss a dose.

Blood Tests

☐ Go to _____ to get a protime blood test on:

Day 1 _____ Day 3 _____ Day 5 _____

Continue getting protime tests as follows:

It's important to get your blood test when it's due. If you can't get your blood test on the day it's due, call a member of your care team.

Call your care team:

☐ Call _____ time _____ day/date _____

☐ Call _____ time _____ day/date _____

☐ Call _____ time _____ day/date _____

☐ Call _____ time _____ day/date _____

Your next appointments is:

☐ With _____ time _____ day/date _____

☐ With _____ time _____ day/date _____

☐ With _____ time _____ day/date _____

☐ With _____ time _____ day/date _____

Compression Stocking

Your doctor has given you a prescription for a compression stocking or TED hose.

☐ Wear this stocking: _____ hours a day for _____

☐ Remove your stocking when _____

Your care team:

Doctor: _____ Phone _____

Nurse: _____ Phone _____

Pharmacist: _____ Phone _____

AMS: _____ Phone _____

Other: _____ Phone _____