

Anticoagulant Therapy During Pregnancy

Anticoagulant Therapy

Your doctor wants you to start anticoagulant therapy to help prevent unwanted blood clots from forming. There are two injectable medicines that can be used:

- heparin
- enoxaparin (Lovenox®).

These medicines are important to prevent clots from forming and to treat any blood clot because it can break off and travel through your bloodstream. This can cause serious problems, including a stroke or heart attack. For this reason, it is important that you follow the medicine schedule your doctor has prescribed for you.

Important Instructions

Blood tests

You will need to have a monthly platelet count to make sure you are getting the right amount of anticoagulant. This test measures the number of platelets in your blood. The blood draw can be done at any time, such as during an prenatal appointment or as a separate lab appointment. You will be contacted if the test result is abnormal.



You may need to have other blood tests done to determine the level of medicine in your blood. Your doctor will tell you if you need to have these done.

If you need these tests:

- **The blood draw must be done 4 hours after your dose is given.** Be sure to schedule your lab appointments accordingly.
- After your blood is drawn, you will be called by the nurse when the results have returned from the lab. You will be given information on any dosage changes and when to return for your next test.

Calcium supplements

Anticoagulant therapy can cause calcium loss from your bones. To prevent this, you should take 600 milligrams (mg) of calcium carbonate with vitamin D twice each day. Examples include Caltrate®, Os-Cal® or Nature Made®.

It is important to take the calcium supplement twice each day because your body can't absorb 1,200 mg of calcium when it is taken in one dose. Take your calcium supplement with meals to help it absorb better.

Walking

You should walk at least 20 to 30 minutes three times a week. If you are not able to walk, please talk with your doctor about another option.

If you have any questions, please call the nurse at 651-241-6270.