

- Are you taking any vitamins, dietary supplements or herbal/botanical supplements regularly? If yes, please list which ones?
 No Yes _____
- Are you taking any prescription blood thinning medications or aspirin or over-the-counter or prescribed nonsteroidal anti-inflammatory drugs (like ibuprofen, naproxen, meloxicam, celecoxib or others)? If yes, please list which one(s)?
 No Yes _____
- How many alcoholic drinks do you have in a week?
 None 1-3 drinks 4-7 drinks 8+ drinks
 (1 alcoholic drink is roughly equivalent to 1 can of beer, 5 ounces of wine, 1.5 ounces of 80 proof liquor)
- Have you had a skin biopsy or surgery before? s?
 No Yes
- After a skin biopsy or surgery have you had any issues?
 Bleeding after my biopsy or surgery
 Lots of bruising after my biopsy or surgery
 Took a long time to heal after biopsy or surgery
 other – please specify _____

- Mark if the following products (either on their own or by interaction with other medications) may increase the risk of bleeding?

<input type="radio"/> Fish oil and derivatives	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Flaxseed Oil	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Evening Primrose Oil	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Garlic	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Hawthorn	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ginseng	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Vitamin E	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Homocysteine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Vitamin K	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ginger	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Gingko	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Coq10	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Melatonin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Red Clover	<input type="radio"/> Yes	<input type="radio"/> No
- Drinking alcohol can impair blood clotting and increase the risk of excess bleeding. True False
- Which of these common mineral supplements (either on their own or by interaction with other medications) may increase the risk of bleeding?
 Iron Calcium Magnesium
- The following supplements are often taken to improve blood sugar management. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Chromium Picolinate	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cinnamon	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Alpha Lipoic Acid	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Curcumin (Turmeric)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Green tea & Epigallocatechin gallate	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Flax seed	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Berberine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Magnesium	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Ashwagandha	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Resveratrol	<input type="radio"/> Yes	<input type="radio"/> No
- These over-the-counter products are often taken for arthritis pain or to reduce inflammation. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Ibuprofen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Naproxen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Turmeric (curcumin)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Glucosamine/Chondroitin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Omega 3 fatty acids	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Aspirin or Willow Bark Extract	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Capsaicin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Green Tea Extract	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cannabidiol (CBD)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Cannabis (THC) products	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Collagen	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Feverfew	<input type="radio"/> Yes	<input type="radio"/> No

Blood Thinning Survey

- These supplements are often taken to improve urinary or digestive health. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Saw palmetto	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Dong quai (Angelica sinensis)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Probiotics	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Digestive enzymes (papain and bromelain)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Aloe	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Taurine	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Psyllium	<input type="radio"/> Yes	<input type="radio"/> No
- These supplements are often taken to improve immunity. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Echinacea	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Quercetin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Nattokinase	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Niacinamide (Nicotinamide)	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Feverfew	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> N-Acetyl Cysteine	<input type="radio"/> Yes	<input type="radio"/> No
- These products are commonly used to help improve sleep or anxiety. Please mark if the supplement (either on their own or by interaction with other medications) may increase the risk of bleeding.

<input type="radio"/> Melatonin	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> St John's Wort	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Chamomile	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Magnesium	<input type="radio"/> Yes	<input type="radio"/> No
<input type="radio"/> Diphenhydramine	<input type="radio"/> Yes	<input type="radio"/> No

Demographic Information:

- How old are you? _____ years old Prefer not to answer
- How do you describe yourself?
 Male
 Female
 Non-binary
 Prefer not to answer
- Which ethnicity describes you? Please check all that apply
 White/ Caucasian
 Hispanic or Latino
 Black or African American
 Asian/ Pacific Islander
 Native American or Alaskan Native
 Multiple ethnicities or Mixed _____
 Prefer not to answer
- Do you think being given this information about the blood thinning potential of over-the-counter supplements BEFORE procedures would be helpful?
 Yes
 No
- How do you like to receive health education information? Choose all that apply.
 Written pamphlet
 Video format
 Email or text reminders

Thank you for taking this survey.

