

Warfarin– What is most important to remember?

- Take warfarin exactly as you are told.
- Keep your appointments for the INR laboratory tests.
- Maintain a stable diet and avoid big changes of foods that contain vitamin K.
- Call your doctor at once with any signs of serious bleeding or bruising.
- Do not start any new medications, over-the-counter drugs or herbal remedies without talking to your doctor.
- Tell all doctors, dentists and pharmacists that you are taking warfarin.



If you have questions:

Ask your doctor, nurse or pharmacist for more information about warfarin.

Recommended internet sites:

- <http://www.clotcare.com/clotcare/aboutwarfarin.aspx>
- <http://www.clotcare.com/clotcare/ptinr.aspx>
- <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682277.html>
- <http://www.mdconsult.com/das/patient/body/113045673-2/010068/19709.html>

Warfarin (Coumadin® or Jantoven®)

Important Patient Information



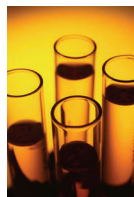
Warfarin: Important Information You Need to Know.

What does Warfarin do?

- Warfarin slows the ability of your blood to form a clot.
- Warfarin is used to prevent harmful blood clots from forming in your body.

What do I need to know about taking warfarin?

- The dose of warfarin is determined separately for every patient. It is important that you take it exactly as ordered by your doctor.
- The right dose is figured out by a laboratory test called an INR. It is very important to have your blood tested when your doctor orders it.
- Keep a calendar of all of your warfarin doses to make sure you are taking the right dose.



Who should know I am taking warfarin?

- You must tell all doctors, dentists and pharmacists that you see that you are taking warfarin.
- Before any medical procedure or test make sure the staff know you take warfarin.

Are there any interactions with other drugs that I need to worry about?

- Warfarin has many drug interactions that may increase your risk of side effects or decrease the effects of the drug.
- Common over-the-counter pain medications (called NSAIDs) like Advil®, Aleve® and aspirin may increase the risk of bleeding problems. Acetaminophen (Tylenol®) can be used for pain.
- Do not start new prescription medications, over-the-counter medications, or herbal and dietary supplements without telling your doctor or clinic that is in charge of your warfarin therapy.



What about my diet and exercise?

- The effects of warfarin can be reduced by eating a lot of foods that contain vitamin K.

Foods High in Vitamin K:

Vegetables: alfalfa, asparagus, avocado, broccoli, brussel spouts, collard greens, cabbage, cauliflower, kale, lettuce, peas, spinach, turnip greens, water cress.

Fats: Soybean oil (in mayonnaise and salad dressing), olive oil, margarine.

Beans/Meat: Chic peas, garbanzo beans, lentils, liver

- You do **NOT** need to avoid these foods. You should eat them in moderation and avoid big changes in your diet.
- It is important to maintain exercise. Talk to your doctor



before making big changes in your exercise level.

- It is important to avoid falls or accidents related to your exercise regimen.

What side effects could occur with warfarin?

- The risk of bleeding is the most common and serious side effect.
- If you have a bad fall or are in an accident, call your doctor at once.
- If you have any of the following side effects, you should call your doctor or visit the emergency room immediately:

- | | |
|---|--|
| • Severe headache | • Coughing up blood |
| • Severe back pain | • Severe menstrual bleeding |
| • Severe belly or stomach pain | • Unusually severe bruising or bleeding |
| • Black, tarry or bloody stools | • Change in your skin color to black or purple |
| • Pink, red or brown urine | • Feeling extremely tired or weak |
| • Vomiting of blood or black coffee ground-like material. | |

What should I do if I forget a dose?

- If the dose is less than 12 hours late, take it now.
- If the dose is more than 12 hours late, skip the missed dose. Take your usual dose at the next time you normally would take it.
- **NEVER** double up your dose of warfarin.

