

## 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 using warfarin

### If you have questions:

Ask your doctor, nurse or pharmacist for more information about warfarin (Coumadin® or Jantoven®)

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### Strong Internal Medicine



**Warfarin  
(Coumadin® or Jantoven®):  
Important Patient Information**





### 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 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

### If you have any of the following side effects, call your doctor or visit the emergency room immediately:

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| • 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 |  |

### 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 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

### 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 sprouts, collard greens, cabbage, cauliflower, kale, lettuce, peas, spinach, turnip greens, watercress

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

**Beans/Meat:** Chickpeas, 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 should I do if I forget a dose?

- If a 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
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