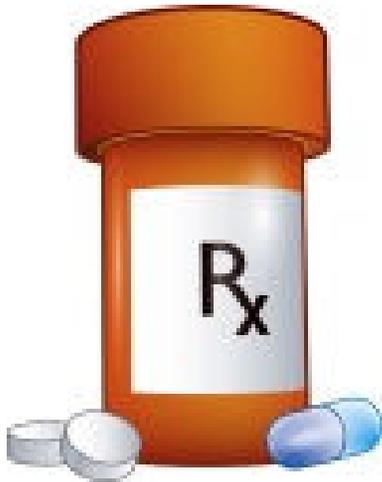




WARFARIN (COUMADIN®)



A Patient's Guide to Anticoagulation Therapy

WHAT IS WARFARIN?

Warfarin, also known as Coumadin®, is a drug called an anticoagulant. It is used to help treat and prevent blood clots.

HOW DOES IT WORK?

Warfarin works by decreasing the ability of blood to clot.

WHAT IS INR?



While on warfarin therapy, it is very important to have your blood tested regularly. This blood test is called the INR (international normalized ratio). This test measures how fast your blood clots. It helps determine if you are taking too little or too much warfarin by telling your provider if your blood is too thick or too thin.

WARFARIN INTERACTIONS



Many medications and herbs can interact with warfarin and can cause a change in your INR. In addition, it is important to avoid alcohol.

COMMON OVER THE COUNTER MEDICATIONS

Aspirin	Ranitidine (Zantac)
NSAIDs [Naproxen (Aleve) Ibuprofen (Motrin, Advil)]	Pepto Bismol
Tylenol	Vitamin C, E, K
Cimetidine (Tagamet)	Glucosamine and Chondroitin

COMMON HERBAL MEDICATIONS

Garlic	Feverfew
Ginkgo Biloba	Cranberry
Ginger	Dong quai
Green Tea	Coenzyme Q10
Bromelains	St. Johns Wart

DIETARY CONSIDERATIONS

Vitamin K can play a significant role in affecting your INR. However, you do not have to avoid foods with vitamin K. Instead, maintain a consistent diet in Vitamin K rich foods by eating the same number of servings each week.

EXAMPLES OF VEGETABLES HIGH IN VITAMIN K:

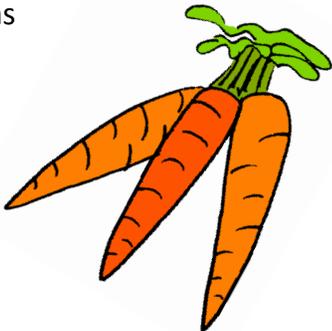
- Collard greens
- Spinach greens
- Mustard greens
- Cabbage
- Broccoli
- Spinach



- Lettuce (not iceberg)
- Brussels sprouts
- Okra
- Kale
- Cauliflower

EXAMPLES OF VEGETABLES LOW IN VITAMIN K:

- Green beans
- Peas
- Celery
- Carrots
- Potatoes
- Corn
- Cucumber
- Pepper
- Zucchini



SIDE EFFECTS

- Unusual, constant bleeding such as:
 - Nosebleeds, bleeding of gums when you brush your teeth, coughing up blood, vomiting blood, cuts that do not stop bleeding
- Blood in urine
- Dark or bloody stool
- Increased bruising and unusual swelling
- Headache, dizziness, or weakness

WHEN TO CALL YOUR DOCTOR

- Major bleeding (cuts that won't stop after 10 minutes)
- Increased bruising
- Fever or chills that last for more than 1-2 days



WHEN TO CALL 911

- Coughing or vomiting up blood
- Serious illness
- Traumatic injury

OTHER CONSIDERATIONS

- Take warfarin exactly as prescribed
- Talk to your doctor if you are pregnant or are planning to become pregnant
- Avoid activities or sports that can cause traumatic injury
- Always check with your doctor or pharmacist before starting any new medications
- Do not take a double dose of warfarin if you miss a dose

Tablet strength	Tablet color
1 mg	Pink
2 mg	Lavender (light purple)
2.5 mg	Green
3 mg	Tan
4 mg	Blue
5 mg	Peach (light orange)
6 mg	Teal (blue-green)
7.5 mg	Yellow
10 mg	White

Patient name: _____

My goal INR is: _____
