

Your medication

Sodium Warfarin (Coumadin)



IH-V-45
R.D. 11/02
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Why do I need this medicine?

Warfarin thins your blood to help keep harmful clots from forming or moving.

How do I take this medicine?

1. Take this medicine just like your doctor tells you. **Do not** stop taking warfarin unless your doctor tells you to.
2. If you do miss a dose, call your doctor. **Do not take two doses at the same time.**
3. Take warfarin at the **same time** each day.

What common side effects may I have?

This medicine may cause you to bruise more easily and to bleed a little longer if you cut yourself.

What special things do I need to know?

1. Before you take warfarin tell your doctor if you take any other medicine for your heart or blood pressure.
2. While taking warfarin, tell your doctor if you have:
 - a skin rash
 - heavy or unusual bleeding (nosebleeds, bleeding of your gums, vaginal bleeding)
 - blood in your urine or bowel movements
3. **Do not take anything** that has **aspirin or alcohol** without talking with your doctor while you take warfarin.

Some medicines that have aspirin or alcohol in them are:

- Bayer aspirin
- Nyquil
- Pepto-Bismol
- Anacin
- Doan's pills
- Alka-Seltzer
- other cough or cold medicines

Ask your doctor or pharmacist before you take any medicine you can buy without a prescription.

4. **Tell all other doctors and dentists that you are taking warfarin before they do any treatments or give you any medicines.**

(over)

5. **Do not** drink alcohol while you are taking this medicine. Beer, wine, or hard liquor may thin your blood more.
6. Make sure to **keep your appointments** for doctor visits and blood tests.
7. Eat a well balanced diet while you take warfarin. It is important that you eat **about the same amount** of Vitamin K foods each day. Vitamin K makes your blood clot, and keeps the warfarin from working. Your dose of warfarin will be set based on the amount of Vitamin K you usually eat. Vitamin K levels in different foods are listed below.
8. Keep all medicine out of the reach of children. Even a small amount of this medicine may make a child very sick or cause death. Keep all your medicines in a safe place where children cannot get them.
9. **Do not** share this medicine with anyone.
10. If you are pregnant, planning to become pregnant, or breast-feeding, tell your doctor before you take this medicine. **This medicine may have harmful effects on unborn babies.** If you are not using birth control, be sure and tell your doctor.
11. Tell your doctor if you are **allergic to any medicine.**
12. All medicines can cause side effects. Usually, these side effects will get better after a few days. If they do not, you should tell your doctor. The doctor can make some changes in the medicine. **Do not** stop taking the medicine unless the doctor tells you to. Side effects **do not** mean that you are allergic to the medicine.

Chart showing the level of Vitamin K in different foods

These foods have high levels	These foods have medium levels	These foods have low levels	
Beef liver	Chicken liver	Apple	Butter
Pork liver	Pork Tenderloin	Banana	Milk (skim or 1%)
Tea (green)	Cheese (cheddar)	Orange	Rice
Broccoli	Oats (rolled)	Pears (canned)	Bread (white)
Brussel Sprouts	Coffee (reg. or decaf.)	Strawberries	Corn
Cauliflower	Asparagus	Tomato	Green beans
Chick Peas	Cabbage	Egg	Potato
Kale	Lettuce (iceberg)	Bacon	Pumpkin
Spinach		Chicken breast	Ground beef
Turnip Greens		Oil (except soybean)	