

WARFARIN (also called COUMADIN®)

What is Warfarin (Coumadin®)?

- Medicine used to lower risk of blood clots and stroke.
- Decreases your body's ability to make a clot.

What should I watch for when taking Warfarin (Coumadin®)?

Major things to watch for when taking Warfarin are bleeding, clotting and allergy signs.

- Bleeding signs to watch for:
 - Bruises that happen for no reason or get bigger
 - Gum bleeding
 - Nose bleeds
 - Heavier than normal menstrual or vaginal bleeding
- Clotting signs to watch for:
 - Redness, swelling, tenderness, or warmth in any limbs
 - Increased pain in the area where you already have a clot
- Allergy signs to watch for:
 - Hives
 - Rash
 - Itching

You/your child should go to the emergency room for any of the following signs:

- Bleeding:
 - Bleeding you cannot stop or is severe
 - Pink or brown-colored urine
 - Red or black, tarry stools
 - Coughing up blood or blood clots
 - Vomiting blood or if your vomit looks like "coffee grounds"
 - Internal head bleeding most often from trauma or injury: severe, uncontrolled headache; nausea or vomiting; difficulty walking or talking; extreme tiredness; difficulty with waking up; high-pitched crying in a child on this medicine
- Clotting:
 - Signs of a deep vein clot:
 - Redness, swelling, tenderness, or warmth in any limbs
 - Increased pain in the area where you already have a clot
 - Signs of a blood clot in the lungs (pulmonary embolus):
 - Severe, sudden shortness of breath
 - Chest pain
 - Coughing up blood or blood clots

- Signs of a stroke:
 - Dizziness, sudden loss of vision, or sudden severe headache
 - Numbness or weakness in any limb
 - Difficulty speaking or slurred speech
 - Drooping of one side of your face
- Severe allergic reaction:
 - Chest pain or tightness
 - Swelling of your face or tongue
 - Trouble breathing or wheezing
 - Feeling dizzy or faint

What else should I know about Warfarin (Coumadin®)?

- Taken by mouth once a day at the same time – with or without food.
- Pills are color-coded with the number of milligrams on the tablet.
- May crush tablet and mix with food or water if needed for easier swallowing.
- If you/your child vomit within 15 minutes of taking a dose you may repeat the medicine. If it has been more than 15 minutes since the dose was given, do not repeat the medicine.
- Does require a blood draw for monitoring: INR (international normalized ratio). Your doctor will tell you when to have INRs checked.
- Store at room temperature in a dry place (avoid storing in the bathroom).
- Let your doctor know if you have any problems with previous bleeding.
- Tell your doctor all the medicines you/your child take (this includes over-the-counter medicines and herbal supplements). Many medicines interact with Warfarin so it is important to call your doctor for any changes to your/your child's medicines (increases or decreases in doses, newly prescribed medicines, or if any have been stopped).
- Do not take any ASA or NSAIDs unless you speak with your doctor first.
- Vitamin K affects Warfarin. Vitamin K is found in many foods and supplement drinks. Ask your doctor about any diet restrictions needed while taking Warfarin. Call the doctor if you/your child change eating habits while taking Warfarin.
- Alcohol also affects Warfarin. Tell your doctor if you have had any alcohol, especially more than 1-2 drinks in one day.
- If you become ill while taking Warfarin (such as the flu, cold, have a fever, diarrhea or vomiting), tell your doctor. These may affect the INR.
- Tell your doctor if you/your child need any surgeries or procedures, including major dental work.
- Sports participation must be discussed with the doctor as some may increase the risk of bleeding while taking Warfarin.
- Tell your doctor if you become pregnant while taking Warfarin as it is not recommended during this time, especially within the first trimester.
- You may breastfeed while taking Warfarin.

- If you miss a dose, take it right away when you remember and the next dose is more than 12 hours away, but do not double a dose. If the next dose is less than 12 hours away, skip that dose and continue your usual dosing schedule. Keep track of any missed doses.
- If you suspect an overdose, go to the emergency room right away.

Warfarin dose you/your child will be taking at home: _____

Date standing INR order given to patient/family: _____

Date of next INR check: _____

You/your child's reason for needing Warfarin: _____

Date to be seen in clinic for follow-up: _____

Phone number to call with any questions or concerns: _____