

## **WARFARIN INSTRUCTION SHEET**

Warfarin, also known as Coumadin®, has been given to you to prevent blood clots. The drug works by thinning your blood and must be closely monitored. It is important that you take this medication exactly as prescribed by your healthcare provider. Tell all of your health care providers that you are taking warfarin (Coumadin®). **Keep a list of your medicines with you at all times.**

### **Important Guidelines for Use:**

1. Take the correct dose of warfarin at the same time every day.
2. **Get your regular blood test to check for your response to warfarin (Coumadin®)** . This blood test is called a PT/INR test. Your dose of **warfarin (Coumadin)** will be adjusted to keep your PT/INR in a target range as determined by your healthcare provider.
3. **Call your healthcare provider right away if you have any signs or symptoms of bleeding or bruising including, but not limited to:**
  - unusual bruising (bruises that develop without known cause or grow in size)
  - bleeding from cuts takes a long time to stop
  - menstrual bleeding or vaginal bleeding that is heavier than normal
  - pink or brown urine
  - red or black stools
  - coughing up blood
  - vomiting blood or material that looks like coffee grounds
4. Many other medications, prescription and nonprescription (over-the-counter) medications, vitamins, and dietary and herbal supplements can interact with warfarin (Coumadin®). It is important to check with your health care provider(s) and pharmacist before starting, changing, or stopping any medication.
5. Dietary sources of Vitamin K can interfere with your warfarin (Coumadin®) therapy. It is not necessary to avoid Vitamin K-containing foods. It is most important to maintain a consistent amount of Vitamin K in your diet from day to day. Please refer to [http://www.coumadin.com/pdf/293USo8WA03025\\_v2\\_VitaminKBro\\_Web.pdf](http://www.coumadin.com/pdf/293USo8WA03025_v2_VitaminKBro_Web.pdf) for a list of common foods and their Vitamin K content.
6. Products that contain aspirin, ibuprofen, naprosyn, or naproxen may increase your risk of bleeding when you are also taking warfarin (Coumadin®). It is recommended that you take a product containing acetaminophen if needed for an occasional headache, fever, or pain. Please talk with your healthcare provider(s) if you need increased pain relief.
7. Dietary supplements and herbal products may interact with warfarin (Coumadin®) and affect how your blood clots. Most herbal products have not been adequately studied. Many herbal products have several common names and scientific names. Be aware that most herbal preparations are not standardized and the amount of active ingredients may vary from one brand to another. Please talk with your healthcare provider(s) if you are currently taking or

plan to take dietary supplements or herbal or natural products. Use only supplements approved by your healthcare provider.

DIETARY SUPPLEMENTS AND HERBAL MEDICATIONS THAT MAY INTERACT WITH WARFARIN (COUMADIN®)*	
Agrimony	Grapefruit extract
Alfalfa	Green tea
Arnica	Horse chestnut
Bilberry	Inositol hexaphosphate
Black cohosh	Licorice
Bromelain	Meililot (sweet clover)
Butchers broom	Multivitamin with > 100 micrograms of Vitamin K**
Capsicum	Nettle
Chamomile	Passion flower
Cat's claw	Pau d'arco
Coenzyme Q10	Quinine
Dan shen	Red clover
Devil's claw	Reishi
Dong quai	St. John's wort
Fenugreek	Sweet woodruff
Feverfew	Tumeric
Fish oil	Vitamin C (> 1000 mg/day)
Garlic	Vitamin E (> 1000 IU/day)
Ginger	Vitamin K (> 100 micrograms/day)
Ginkgo biloba	Willow bark
Goldenseal	Wheat grass

\*This is not intended to be an all-inclusive list.

\*\* If you do take a multivitamin, take it **consistently** each day to avoid changes in your vitamin K intake.

8. Alcohol intake can either increase or reduce the effect of warfarin (Coumadin®) and therefore put you at risk of bleeding or clotting. While it is best if alcoholic beverages are limited or avoided while taking this medication, it is important to maintain consistency in alcohol consumption. Talk with your healthcare provider(s) about alcohol consumption.
9. Cranberry and grapefruit juice: You may receive a 4-oz. serving of cranberry juice while in the hospital. Based on recent clinical studies and the currently available literature, there is little evidence to suggest that consuming normal amounts of cranberry juice (8 oz. or less per day) or grapefruit juice poses a risk for a clinically relevant interaction with warfarin. Consuming large amounts of these juices should be avoided. Please talk with your healthcare provider(s) about cranberry and grapefruit juice consumption while taking warfarin.

For more information:

[http://www.coumadin.com/pdf/293USo8WAo3014\\_v3\\_UnderstandTherapyBro\\_WEB.pdf](http://www.coumadin.com/pdf/293USo8WAo3014_v3_UnderstandTherapyBro_WEB.pdf)