

## U.S. Brand Names

- Coumadin®;
- Jantoven®

## Canadian Brand Names

- Apo-Warfarin®;
- Coumadin®;
- Mylan-Warfarin;
- Novo-Warfarin;
- Taro-Warfarin

## Mexican Brand Names

- Coumadin

## Pharmacologic Category

- Anticoagulant, Coumarin Derivative;
- Vitamin K Antagonist

## What key warnings should I know about before taking this drug?

- This drug may cause severe bleeding. Follow directions for use exactly. Closely review the section in this leaflet which lists when to call healthcare provider.
- This drug does not mix well with some drugs. Serious reactions may occur. Check all drugs with healthcare provider.
- Please read the medication guide.

## Reasons not to take this drug

- If you have an allergy to warfarin or any other part of this drug.
- Tell healthcare provider if you are allergic to any drugs. Make sure to tell about the allergy and what signs you had. This includes telling about rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs involved.
- If you have any of the following conditions: Anesthesia given in your spine, aneurysm, bleeding problems, diverticulitis, drink alcohol to excess, heart valve infection, liver disease, low platelet count, pericarditis, polyarthritis, poor nutrition, recent surgery of the eye or brain, uncontrolled high blood pressure, unsteadiness, or warfarin-induced necrosis.
- If you know that you will not take the drug as directed.
- If you are pregnant or may be pregnant.

## What is this drug used for?

- It is used to thin the blood so that clots will not form.

## How does it work?

- Warfarin changes the body's clotting system. It thins the blood to prevent clots from forming.

## How is it best taken?

- Use as directed, even if feeling better.
- Take this drug at a similar time of day.
- To gain the most benefit, do not miss doses.
- Take with or without food. Take with food if it causes an upset stomach.
- **Keep vitamin K intake similar from day to day. Talk with nutritionist. Do not make changes in your normal diet. Take limited quantities of green, leafy vegetables (alfalfa, asparagus, broccoli, brussel sprouts, collard greens, cabbage, cauliflower, kale, lettuce, spinach, water cress), green tea, liver, and some vegetable oils. Foods such as these can decrease the effects of warfarin.**
- Follow diet plan and exercise program as recommended by healthcare provider.

## What do I do if I miss a dose? (does not apply to patients in the hospital)

- Take a missed dose as soon as you think about it.
- If it is close to time for the next dose, skip the missed dose and return to your normal time.
- Do not take two doses or extra doses.
- Do not change dose or stop drug. Talk with healthcare provider.

## What are the precautions when taking this drug?

- Wear disease medical alert identification.
- If you are 65 or older, use this drug with caution. You could have more side effects.
- Use caution to prevent injury and avoid falls or accidents.
- If you fall a lot, talk with healthcare provider.
- If you have bleeding problems, talk with healthcare provider.
- You may bleed more easily. Be careful. Avoid injury. Use soft toothbrush, electric razor.
- If you have high blood pressure, talk with healthcare provider.
- If you have kidney disease, talk with healthcare provider.
- If you have liver disease, talk with healthcare provider.
- If you have thyroid disease, talk with healthcare provider.
- If you have had an ulcer or bleeding from your stomach or intestines, talk with healthcare provider.
- If you have a weakened heart, talk with healthcare provider.
- Do not donate blood while using this drug and for 5 days after stopping.
- Tell dentists, surgeons, and other healthcare providers that you use this drug.
- Check drugs with healthcare provider. This drug may not mix well with other drugs.

- Talk with healthcare provider before using other aspirin, aspirin-containing products, blood thinners, garlic, ginseng, ginkgo, ibuprofen or like products, pain drugs, or vitamin E.
- Talk with healthcare provider before taking multivitamins, natural products, and dietary supplements as these may have vitamin K in them.
- Avoid alcohol (includes wine, beer, and liquor).
- If you stop smoking, talk with healthcare provider. Amount of drug you take may change.
- Use birth control that you can trust to prevent pregnancy while taking this drug.
- Tell healthcare provider if you are breast-feeding.

### **What are some side effects of this drug?**

- Bleeding problems.
- Headache.
- Nausea or vomiting. Small frequent meals, frequent mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help.

### **What should I watch for?**

- Change in health problem being treated. Is it better, worse, or about the same?
- Signs or symptoms of bleeding.
- Check blood work (prothrombin time/INR). Talk with healthcare provider.
- Take good care of your teeth. See a dentist regularly.
- Follow up with healthcare provider.

### **Reasons to call your doctor right away**

- If you suspect an overdose, call your local poison control center or ER right away.
- Signs of a very bad reaction to the drug. These include wheezing; chest tightness; fever; itching; bad cough; blue skin color; fits; or swelling of face, lips, tongue, or throat.
- Severe dizziness or passing out.
- Falls or accidents, especially if you hit your head. Talk with healthcare provider even if you feel fine.
- Swelling or pain of leg or arm.
- Big change in thinking clearly and logically.
- Severe headache.
- Severe nausea or vomiting.
- Severe back pain.
- Severe belly pain.
- Black, tarry, or bloody stools.
- Blood in the urine.
- Coughing up blood.
- Vomiting blood.
- Unusual bruising or bleeding.
- Severe menstrual bleeding.
- Change in skin color to black or purple.
- Feeling extremely tired or weak.

- Severe diarrhea.
- An infection.
- Any rash.
- Health problem is not better or you are feeling worse.

### **How should I store this drug?**

- Store at room temperature.
- Protect from light.
- Protect tablets from moisture. Do not store in a bathroom or kitchen.

### **General facts**

- If you have a very bad allergy, wear allergy ID at all times.
- Do not share your drugs with others and do not take anyone else's drugs.
- Keep all drugs out of the reach of children and pets.
- Most drugs can be thrown away in household trash after mixing with coffee grounds or kitty litter and sealing in a plastic bag.
- Return any unused drugs back to the pharmacy.
- Keep a list of all your drugs (prescription, natural products, supplements, vitamins, OTC) with you. Give this list to healthcare provider (doctor, nurse, nurse practitioner, pharmacist, physician assistant).
- Call your doctor for health help about side effects.
- Talk with healthcare provider before starting any new drug, including OTC, natural products, or vitamins.