

## **DRUG & FOOD INTERACTION EDUCATION INFORMATION**

**DRUG NAME:**        **Warfarin** (*Coumadin*<sup>®</sup>)

**DRUG TYPE:**        Anticoagulant Agent  
(sometimes called a “Blood Thinner”)

**DRUG ACTION:**

- This drug helps prevent harmful blood clots from forming in the blood vessels.

**DIRECTIONS:**

- Always take the amount of medicine your doctor prescribes. **DO NOT** take more, less, or stop this medicine without first checking with your doctor. Obtain refills (when indicated) before running out.
- **DO NOT** miss a dose.
- While taking this medicine, your doctor will order periodic blood tests to watch the drug's effects.

**DRUG AND FOOD INTERACTIONS:**

- ✓ Foods with Vitamin K (green leafy vegetables: spinach, greens, kale, broccoli) should be eaten in normal amounts (not too much OR too little at a time).
- ✓ Avoid Alcohol and green tea with taking this medication.

**PRECAUTIONS WHILE USING THIS DRUG:**

- Do not take any other medicine (including Aspirin, Bufferin, Excedrin, Alka Seltzer, BC or Goody Powders) unless directed by your doctor.
- While taking this drug, you should wear a “medical alert” tag. Medical Alert Tags may be purchased at a drug store.
- Before any surgery, tell your dentist or other doctors that you are taking an anticoagulant.
- *You must also inform your doctor* if you are pregnant or become pregnant while on this drug.
- Avoid activities that may cause injury (contact sports, chopping wood, etc.). Always wear shoes to avoid injury and wear gloves while doing yard work. Be cautious while shaving or using sharp objects. Use a soft bristled toothbrush.

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## WHAT IF I MISS A DOSE?

- Try **NOT** to miss doses.
- If you do miss a dose, take it as soon as you can
- If it is almost time for your next dose, take only that dose.
- **DO NOT** take double doses, and **DO NOT** take two doses in one day unless your prescriber or health care professional tells you to; this can increase the risk of bleeding.
- If you miss a dose, record the date of the missed dose and tell your prescriber or health care professional at your next visit.
- If you miss doses for two or more days, call your doctor for instructions.

## POSSIBLE SIDE EFFECTS:

Call your doctor if the following symptoms persist or are severe:

- unusual bruising or bleeding from nose, mouth, vagina, or rectum
- bloody or black colored vomit or stools
- stomach or back pain
- dizziness

Other side effects or long-term effects may occur in some patients. **REPORT** any unusual responses to your doctor, nurse, or pharmacist.

## REMEMBER TO:

- ✓ Have prescriptions filled on the day of discharge and take as directed.
- ✓ Talk with your doctor or pharmacist if you have questions or concerns about this drug.
- ✓ Ask your retail pharmacist for additional drug information.
- ✓ Notify your doctor if you may be pregnant or are breast-feeding.
- ✓ Talk to your case manager if you cannot afford to have this prescription filled.

**KEEP ALL MEDICINE OUT OF THE REACH OF CHILDREN**