

## WHAT DOES WARFARIN DO?

Decreases the body's ability to form blood clots helping to prevent strokes and/or heart attacks

## HOW IS WARFARIN TAKEN?

- Take your warfarin exactly as ordered at the same time each day, usually in the evening
- The right dose is determined by a laboratory test called an INR (International Normalized Ratio)
- You must have your INR checked at least monthly or sooner as advised by your healthcare provider
- Your healthcare provider will advise you on your dose and the target INR range appropriate for you
- Keep track of your doses by using a calendar or pillbox – **It is important not to miss a dose of warfarin**
- Warfarin can be taken with or without food

## MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROFESSIONAL BY ASKING THESE 3 QUESTIONS:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

Specific medical concerns should be directly handled by a qualified healthcare professional

**CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR MORE INFORMATION ON OUR ANTICOAGULATION SERVICE**

**807-274-7741 ext. 1**

[www.ffht.ca](http://www.ffht.ca)

*Fort Frances*  
**Family Health Team**  
of the Fort Frances Community Clinic



**WARFARIN**  
**COUMADIN® OR**  
**JANTOVEN®**

## FORGOT A DOSE?

- Less than 12 hours late = take it now
- More than 12 hours late = skip the missed dose and take your usual dose at the usual time
- NEVER double up your dose of warfarin

## DRUG INTERACTIONS

- Warfarin has many drug interactions that may increase your risk of side effects or decrease the effectiveness of the drug
- Avoid the common over the counter pain medications known as NSAIDS, including Aspirin, Aleve (naproxen) and Advil (ibuprofen)
- Tell your healthcare providers (Doctors, nurses, dentists, pharmacists etc.) that you are taking warfarin

## DIET & EXERCISE

- The effects of warfarin can be reduced by eating a lot of foods containing Vitamin K
- You do NOT need to avoid these foods – however, eat them in moderation and avoid big changes in your diet
- Avoid/limit alcohol intake
- Warfarin increases your risk of bleeding – choose exercise that does not place you in risk of injury

## FOODS HIGH IN VITAMIN K

- VEGETABLES: beet greens, turnip greens, kale, collards, spinach, swiss chard, purslane, broccoli, cabbage, brussel sprouts, cauliflower, lettuce and peas
- FATS: Soybean oil (mayonnaise and salad dressings), olive oil, margarine
- BEANS/MEATS: Chick Peas (garbanzo beans), lentils and liver

## SIDE EFFECTS OF WARFARIN

- The risk of bleeding is the most common side effect
- Call your physician, nurse or visit the Emergency Department if you experience any of the following:
  - Nose Bleeds
  - Bleeding from the mouth or gums
  - Coughing up blood
  - Pink, red or brown urine
  - Black/tarry stools or blood in stools
  - Abnormal vaginal bleeding
  - Unusual severe bruising or bleeding
  - Severe menstrual bleeding
  - Vomiting blood or black coffee ground material
  - Severe weakness and fatigue
  - Severe headache
  - Severe backache
  - Severe belly/stomach pain

