



BLEEDING PRECAUTIONS RELATED TO WARFARIN (COUMADIN) TREATMENT

What is Warfarin (Coumadin)?

- ~ It is an anticoagulant.
- ~ It reduces the body's ability to make blood clots.
- ~ These clots can cause a serious medical problem.

How Does Warfarin (Coumadin) work?

- ~ It partially blocks the re-use of vitamin K in your liver.
- ~ It doesn't break up existing clots.
- ~ It begins to reduce blood-clotting within 24 hrs. after taking it. The full effect may take 72-96 hrs. to occur.

How is Warfarin monitored?

- ~ By a blood test called an INR (International Normalized Ratio).
- ~ The common therapeutic range is 2.0-3.0. Your healthcare provider may prescribe a different range based on your condition.
- ~ When your INR level goes down, your blood is "too thick" and you are at risk for blood clots.
- ~ When your INR goes up your blood is "too thin" and you are at risk for bleeding.
- ~ ****It is very important to get your INR level checked frequently****
- ~ When your INR level is too high or too low, you often will not feel any symptoms!! So get your INR tested regularly!!

Side Effects

Serious Side Effects: Bleeding	Other Side Effects
Nosebleeds	Hair loss: reversible
Bleeding of gums when you brush your teeth	Rash: notify your healthcare provider
Vomiting blood	
Blood in your urine	What to Do
Bowel movements that look red or black	If you develop minor bleeding: call your healthcare provider. You will need your INR checked
Unusual bruising	If you develop major bleeding: go to the nearest emergency room!!
Cuts that do not stop bleeding	
Excessive menstrual bleeding or blood from the vagina	
Headache, dizziness, or weakness	
Unusual pain or swelling	

It is very important for you to check with your healthcare provider before starting, changing, or stopping any drug (prescription or over-the-counter)

***Warfarin interacts with vitamin K in your diet. The recommendation is to keep your diet consistent (eat same amt of vegetables from week to week).**

Common Drug Interactions

Foods Containing Vitamin K

Prescription Drugs (by class):	Common Over-The-Counter Drugs:		Examples of Vegetables High in Vitamin K	Examples of Vegetables Low in Vitamin K
Antibiotics	Aspirin		Cabbage	Green beans
Analgesics	Aleve		Broccoli	Peas
Anticonvulsants	Motrin		Spinach	Carrots
Antidepressants	Ibuprofen		Escarole	Potatoes
Antiplatelet drugs	Tagamet		Greens (collard, turnip, mustard)	Celery
Diabetes drugs	Zantac		Lettuce (except iceberg)	Eggplant
Gastrointestinal drugs	Pepto Bismol		Brussels sprouts	Tomato
Gout treatment drugs	Vitamin C		Endive	Pepper
Lipid-lowering drugs	Vitamin E		Kale	Zucchini
Steroids	Multivitamins containing Vitamin K		Cauliflower	
Thyroid drugs	Glucosamine & Chondroitin			
Antiarrhythmics	Coenzyme Q10			

Other Considerations

- * If you become pregnant or are planning to become pregnant, notify your healthcare provider.
- * Avoid any activity or sport that may result in a traumatic injury.
- * You may find that if you get a cut or scratch it may bleed longer than when you were not taking Warfarin. Just apply pressure to the area. It should stop within a few minutes.
- * You may find that you bruise easier than when you were not on Warfarin. Try to be careful.
- * Excess alcohol intake will elevate the INR level. If you have a problem with excessive alcohol intake and are taking Warfarin, please speak with your healthcare provider.
- * Refrain from intramuscular injections while receiving anticoagulant therapy.
- * Use an Electric Razor for shaving & soft-bristled toothbrush for mouth care.
- * Do not administer rectal enemas, suppositories, or take rectal temperature without consulting your physician.
- * Take Warfarin (Coumadin) at the same time daily as ordered.
- * Alert physicians and dentists of anticoagulant use.