



### Warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>)

Generic Name: Warfarin

Drug Name: Coumadin<sup>®</sup>, Jantoven<sup>®</sup>

Purpose: Warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) is an anticoagulant or “blood thinner.” “Anti” means against and “coagulant” means clotting, so this medicine makes it harder for your blood to clot. Warfarin is used to treat or prevent blood clots.

Warfarin is used to treat people with:

- Atrial fibrillation (irregular heart beat)
- Stroke
- Mechanical heart valves
- Deep vein thrombosis or DVT (blood clot in vein in arm or leg)
- Pulmonary embolism or PE (blood clot in lung)
- Other clotting disorders

Speak with your doctor about the reason that you are taking warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>).

Form: Warfarin is a pill. The chart below shows the doses and colors of warfarin.

<b>Dose</b>	<b>Color</b>
1 mg	Pink
2 mg	Lavender (Light Purple)
2 ½ mg	Green
3 mg	Tan/Brown
4 mg	Blue
5 mg	Peach
6 mg	Teal (Blue-Green)
7 ½ mg	Yellow
10 mg	White

Check the color of your pills when you get your warfarin from the pharmacy. Unless your dose has changed, the color should be the same.

How to take:

- Your doctor will tell you how to take your warfarin. Make sure to follow your doctor’s instructions. Your dose may need to be changed often to find out what works best for you.
- Take your warfarin at the same time every day. It is best to take warfarin in the evening.
- You may take warfarin with or without food.
- If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and return to your



regular schedule. DO NOT take a double dose. Call your doctor about any missed doses.

**Possible Side Effects:**

- You may bleed more easily while taking warfarin.
- Call your doctor immediately if you:
  - have a lot of bruising
  - have bleeding from a cut or wound that stops within 15 minutes
  - minor bleeding from your gums
- Go to the emergency room if you:
  - have a serious fall or accident
  - hit your head
  - have bleeding that is heavy or bleeding that does not stop within 30 minutes (nosebleeds, bleeding from your gums)
  - have blood in your urine or bowel movements (will be red or black and “tarry”)
  - are vomiting or coughing up blood (looks like “coffee grounds”)
  - have a severe headache or backache that will not go away
  - feel very dizzy, weak or pass out

**Important:**

- It is important to have your blood tested often while you are taking warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) to make sure that you are taking the correct amount of medication. If you are taking too much, you will bleed too easily. If you are not taking enough, you will be at risk for more blood clots. The special blood test to check how your blood is clotting is called the International Normalized Ratio or INR. Your doctor will check to make sure that your INR number falls within the normal range (called the therapeutic range) for you based on your health and the reason you are taking warfarin. If your results are not within the therapeutic range, your doctor may adjust the dose of your medicine. You may need to go for blood tests for the rest of your life.
- DO NOT take warfarin if you are pregnant. Warfarin can cause birth defects.
- It is important that you eat your regular diet unless your doctor has given you a special diet. Foods that are high in Vitamin K (dark green leafy vegetables, green tea drinks) can cause warfarin to be less effective. Do not change the amount of these foods that you are eating. See next page for a list of foods that are high in Vitamin K.
- DO NOT take aspirin or ibuprofen while taking warfarin unless it is prescribed by your doctor.
- DO NOT take herbal products including teas while taking warfarin.
- DO NOT play contact sports while taking warfarin.
- It is best not to drink alcohol while taking warfarin. Too much alcohol will put you at risk of bleeding. DO NOT have more than 1 or 2 drinks a day while taking warfarin.



### FOODS HIGH IN VITAMIN K

The following foods are high in Vitamin K and should not be eaten in large amounts. Do not change the amounts of these foods that you usually eat!

**Vegetables:**

Amaranth leaf, Asparagus, Avocado, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Chayote leaf, Collard greens, Endive, Escarole, Kale, Lettuce, Mustard greens, Nightshade leaf, Parsley, Purslane, Scallion, Seaweed (purple), Spinach leaf, Swiss chard leaf, Turnip greens, Watercress

**Starches:**

Chickpeas, lentil beans, mung beans, Soybeans

**Fats:**

Canola oil, Fish oil, Mayonnaise, Pistachio nuts, Soybean oil

**Also:**

Green tea, Liver, Cranberry, Kiwi, Mango