



COUMADIN
PATIENT

Coumadin (Warfarin)

Coumadin is a prescription medicine used to treat blood clots and to lower the chance of blood clot forming in the body. Blood clots can cause a stroke, heart attack, or other serious conditions if they are formed in legs or lungs.

Coumadin can cause bleeding which can be serious and sometimes lead to death. This is because COUMADIN is a blood thinner medicine that lowers the chance of blood clot forming in the body.

- Get your regular blood test (INR test) to check the response to Coumadin, to see how fast your blood clots. Your healthcare provide will decide what INR number are best for you and adjust your dose of COUMADIN to keep your INR in range.
- Call your healthcare provider if you get any of the following signs or symptoms of bleeding problems:
 - pain, swelling or discomfort
 - headaches, dizziness, or weakness
 - unusual bruising
 - nosebleed
 - bleeding gums
 - bleeding from cuts that take a long time to stop
 - pink or brown urine
 - red or black stool
 - coughing up blood
 - vomiting blood or material that looks like coffee ground

Dietary Consideration:

Foods high in vitamin K (e.g. beef liver, pork liver, green tea, and leafy green vegetables) inhibit anticoagulation effect. Do not change dietary habits once stabilized on Coumadin therapy. A balanced diet with a consistent intake of vitamin K is essential.

- Some food and beverages can interact with Coumadin and affect your treatment and dose
 - Eat a normal balanced diet and talk to your healthcare provider before making any diet changes. Do not eat large amount of leafy green vegetables (asparagus, broccoli, Brussels, sprouts, cabbage, cauliflower, green teas, kale, lettuce, spinach, turnip greens, and watercress), which contain vitamin K.



COUMADIN
PATIENT

- Certain vegetable oils also contain large amount of vitamin K. Too much vitamin K can lower the effect of Coumadin.

Pregnancy Implication:

Oral anticoagulants cross the placenta and produce fetal abnormalities. May also cause fatal fetal hemorrhage. Coumadin should not be used during pregnancy because of significant risks. Adjusted-dose heparin can be given safely throughout pregnancy if patients with various thromboembolism.

Lactation:

Does not enter breast milk, only metabolites are excreted.

Breast-feeding considerations:

Coumadin does not pass into breast milk and can be given to nursing mothers. However, limited data suggests prolonged PT may occur in some infants. Women who are breast-feeding should be carefully monitored to avoid excessive anticoagulation. Evaluation of coagulation tests and vitamin K status of breast-feeding infant is considered prudent.