Top 10 List of Safety Tips for Warfarin

When taking warfarin (blood thinner)

1. Take exactly as directed. Take your medicine at the same time each day. Do not take extra doses or skip any doses.

When the doctor changes your dose

2. Keep a record of telephone calls. When your doctor, nurse, or pharmacist calls to change your dose: write down the dose and any other instructions; read the dose and instructions back to him or her to make sure you understand them; and date the instructions so they won’t be mixed up with older instructions.

3. Know your dose. Always tell your doctor the strength of warfarin tablets that you have on hand. Then ask him or her how much warfarin to take, and how many tablets in that strength to take to equal the dose. If you are running low on tablets, ask for a new prescription.

4. Keep instructions nearby. Keep the dated instructions near the medicine, and read them every time before taking your warfarin.

5. Restart your medicine. If your doctor told you to stop taking warfarin until your next blood test, call him or her if you don’t hear anything within 24 hours of the test to find out your new dose or when to restart your prior dose.

To avoid serious side effects

6. Keep to your regular habits. Keep your eating habits and exercise regular. Know the foods high in vitamin K to avoid or eat consistently (see other side of this page). Tell your doctor if there has been a recent change in your level of exercise, diet, or how often you smoke.

7. Take precautions. Because serious bleeding can occur, take precautions. Use an electric razor, avoid sharp objects, and keep away from fall risks (climbing ladders, for example).

8. Get regular blood tests. Keep all appointments for regular blood tests (called INR). Call your doctor for your test results if you are not contacted within 24 hours of the test.

When you should call your doctor

9. Signs of bleeding or clot. Call your doctor immediately if you experience any signs of bleeding or clot formation, which are listed on the other side of this paper.

10. New medicines. Do not start or stop any prescription or nonprescription medicines, herbals, or vitamins without telling your doctor. Common nonprescription medicines to avoid can be found on the other side of this paper in the Fast Facts table.
**Warfarin**

**Too little, too much!**

Too little warfarin can lead to a blood clot, too much can lead to bleeding

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### Fast Facts

- **Store at room temperature, protect from light and moisture (do not store in bathroom)**
- **Accidents or falls (even if you feel fine), new or stopped medicines (including antibiotics, prescription medicines interact with warfarin)**
- **Prevent and treat blood clots in certain conditions that increase the risk of clots: surgery, history of falls or if you are at risk for falls, open wound**
- **You must have blood tests (called INR) checked regularly**
- **Take exactly as prescribed, the same time each day**
- **If it is still the same day, take the dose as soon as you remember it**
- **Do not take when pregnant, may cause fetal bleeding or abnormalities**
- **Tell your doctor if you have:**
  - Diseases: bleeding disorders, kidney disease, liver disease, thyroid disease, severe high blood pressure, diabetes
  - Conditions: surgery, history of falls or if you are at risk for falls, open wound
- **Safety during pregnancy/breastfeeding:**
  - Do not take while breastfeeding, but let the infant’s doctor know for proper monitoring
- **Storage and disposal:**
  - Store at room temperature, protect from light and moisture (do not store in bathroom)
  - Dispose of tablets securely in the trash; do not flush down the toilet
- **Side effects to report to your doctor immediately:**
  - Signs of bleeding or clot (see top of page), skin irritation, painful red-purple patches on skin (toe, breast, abdomen), unusual fever, unhealed wounds, yellowing eyes or skin
- **Other conditions to report to your doctor:**
  - Accidents or falls (even if you feel fine), new or stopped medicines (including antibiotics, nonprescription drugs, herbals, vitamins), changes in smoking/eating habits, infection
- **Nonprescription medicines/herbals/vitamins that should not be taken with warfarin:**
  - Aspirin (unless prescribed by your doctor), nonsteroidal anti-inflammatory drugs (ibuprofen [Advil, Motrin], naproxen [Aleve]), most herbals (particularly cranberry, fenugreek, garlic, ginkgo biloba, glucosamine, American ginseng, ginger, goldenseal, coenzyme Q10, St. John’s wort, alfalfa, anise, bilberry), cimetidine (Tagamet), vitamins A or E
- **Prescription medicines that should not be taken with warfarin:**
  - Check with your doctor, as many prescription medicines interact with warfarin
  - Tell your doctor and pharmacist about all the medicines you take
- **Special tests your doctor may prescribe:**
  - You must have blood tests (called INR) checked regularly
- **Your doctor will determine the right INR level (usually between 2 and 3.5) for you**

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### Topics

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### Some foods high in vitamin K

- **Avoid**
  - Cranberries/cranberry juice
- **Avoid or eat in consistent amounts**
  - Beef or pork liver
  - Green tea
  - Broccoli and Brussels sprouts
  - Chickpeas
  - Green leafy vegetables, such as spinach, kale, turnip greens, Swiss chard, cabbage
  - Parsley, basil, thyme
  - Many cooking oils
  - For more: [www.ismp.org/sc?k=foods](http://www.ismp.org/sc?k=foods)

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**Signs of bleeding**

- Unusual pain, swelling, discomfort (may also be a sign of a clot)
- Unusual or easy bruising
- Pink or brown urine
- Prolonged bleeding of gums or cuts
- Persistent, frequent nosebleeds that don’t stop within 7 minutes

**Signs of a clot**

- In the lung: chest pain, fast heart rate, coughing, shortness of breath, fever
- In the arm or leg: sudden leg, arm, or back pain, swelling, redness, warmth, tenderness
- In the brain: headache, vision changes, seizure, slurred speech, weakness on one side of body, dizziness
- In the heart: headache, vision changes, seizure, slurred speech, weakness on one side of body, dizziness
- In the abdomen: abdominal pain, vomiting, diarrhea

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**This project was supported by grant number R18HS017910 from the Agency for Healthcare Research and Quality. The content is solely the responsibility of the authors and does not represent the official views of the Agency for Healthcare Research and Quality.**

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**Too little warfarin can lead to a blood clot, too much can lead to bleeding**