

Warfarin

WHAT IS WARFARIN?

Warfarin is a medicine that is used to prevent or treat clotting.

WHAT ELSE IS WARFARIN KNOWN AS?

Well known brand names of warfarin are Coumadin and Jantoven.

WHY AM I TAKING WARFARIN?

You are taking warfarin to prevent a blood clot or stop a blood clot from getting bigger.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF WARFARIN?

You may experience easier bruising, nose bleeds, and gum bleeding.

Women may have heavier or prolonged periods.

If you experience excessive bruising, bleeding from unusual places, or bleeding that lasts longer than 20 minutes, call the clinic right away or go to the emergency room. These are rare but serious side effects of warfarin.

HOW DO I TAKE WARFARIN?

Warfarin is given as a pill that is swallowed daily. Each person needs a different amount of warfarin and it is important that you take the dose as directed by the stroke clinic team.

Your dose is based on your weight and the results of a blood test called an International Normalized Ratio, also known as INR.

WHAT SHOULD I DO IF I MISS A DOSE?

You should not skip any doses, as this can affect the medicine's ability to prevent clots.

If you miss a single dose of warfarin, take the medication as soon as you remember.

If it is almost time for the next dose, skip the missed dose and return to your regular schedule.

If you forget more than one dose, DO NOT take another dose to 'catch up.'



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Warfarin

DOES WARFARIN INTERACT WITH OTHER MEDICATIONS, FOODS, OR HERBAL, ALTERNATIVE, OR NUTRITIONAL SUPPLEMENTS?

Some medications and supplements can increase risk for bleeding or clotting. Please make sure to tell any other healthcare providers that you are taking warfarin. Avoid medications that contain aspirin, ibuprofen, or naproxen as they can increase your risk for bleeding. There are some circumstances when these medications may be taken. Please talk to our stroke clinic team if you have questions. It is okay to use acetaminophen (Tylenol) as needed for pain, fever or headache.

If you get a new prescription, or want to start an over-the-counter medication, or take herbal or homeopathic remedies, please call the stroke clinic team. We can help verify that any new medications or supplements will not interact with warfarin.

Foods with vitamin K can decrease the effect of warfarin. It is important to eat a consistent amount of vitamin K. Please talk to your stroke clinic team if you wish to increase or decrease vitamin K that you eat.

WHAT DO I NEED TO DO TO STAY SAFE WHEN TAKING WARFARIN?

Always wear a helmet while riding a bike, skateboarding or skiing. Always wear a seatbelt in motor vehicles. Inform all healthcare providers that you are taking warfarin, especially before undergoing any procedures or surgeries. Notify the stroke clinic a few weeks before undergoing any procedures or surgeries to obtain a plan for warfarin dosing.

I STILL HAVE QUESTIONS ABOUT WARFARIN. WHO CAN HELP ME FIND ANSWERS?

Please contact our stroke clinic team at the phone numbers below. We are happy to provide support and answer any other questions you may have.

We are located in the CU Medicine Building
at the Hemophilia and Thrombosis Center

13199 E. Montview Blvd., Suite 100, Aurora, CO 80045



Office Hours: M-F 8 am-4:30 pm

Scheduler: 303-724-6158

Questions for doctors or nurses: 720-777-6895

Website: medschool.ucdenver.edu/htc



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