



How can I reduce my risk of complications?

- A. Do I have to limit my activities while taking Coumadin® (warfarin) ? Page 2
- B. Does drinking alcohol affect therapy Coumadin® (warfarin)? Page 3
- C. What do I do if I am sick? Page 4
- D. What do I do if I become pregnant? Page 5
- E. What do I need to do if I have a medical procedure/surgery planned while I am taking Coumadin® (warfarin) ? Page 6
- F. What should I do if I am going on vacation and need to get my blood drawn while out of town while I am taking Coumadin® (warfarin)? Page 7
- G. Wallet Card Page 8



Do I have to limit my activities while taking Coumadin® (warfarin) ?

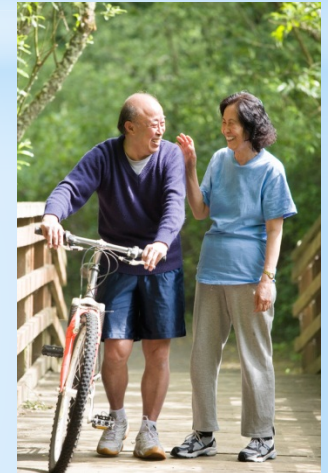
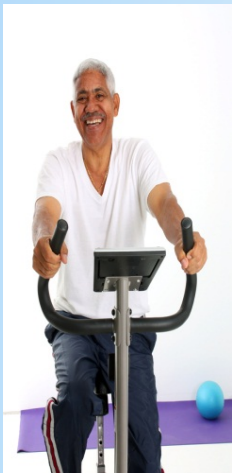
- ❖ Physical activities that are usually safe, such as walking, jogging, swimming, and gardening may be continued.
- ❖ Because **Coumadin® (warfarin)** increases your risk of bleeding, activities that place you at risk of injury (such as contact sports) should be avoided.
- ❖ Discuss your activities with your physician or the Anticoagulation Service to determine if they are safe to continue while taking warfarin.

Can changes in my activity level affect my INR?

- ❖ Yes, changes in your level of activity can change your body's response to warfarin.
- ❖ Significant increases in exercise/activity may cause your INR to become too low (putting you at risk for clotting).

Notify Your Healthcare Provider before you make major changes in your activity level

[Click to Return to Main Table of Contents](#)





Does drinking alcohol affect Coumadin® (warfarin) therapy?

Yes! Alcohol can change the way your body metabolizes warfarin.




Why should I avoid excessive drinking while on Coumadin® (warfarin)?

- Drinking may raise your INR and greatly increase your risk of bleeding.

Notify Your Anticoagulation Provider before you make major changes in your drinking habits

[Click to Return to Main Table of Contents](#)

What do I do if I am sick?

- 
- ❖ Acute illness will change your body's response to **Coumadin®(warfarin)**
 - ❖ Some illnesses can dramatically **INCREASE** your INR (putting you at risk for bleeding), including:
 - Episodes of heart failure
 - Liver disease
 - Nausea/vomiting
 - Diarrhea
 - Fever (over 101° Fahrenheit)
 - Influenza
 - Viral/bacterial infection
 - ❖ Medications you take to treat your illness may also interact with warfarin.
 - ❖ Notify your anticoagulation provider
 - If you experience any of the above illnesses.
 - If you begin taking antibiotics or any other new medications to treat your illness.



[Click to Return to Main Table of Contents](#)

What do I do if I become pregnant?

- ❖ **Coumadin®(warfarin)** can cause birth defects.
- ❖ Most people should **NOT** take **Coumadin®(warfarin)** during your first trimester(3 months) of pregnancy. It is up to your doctor whether you can take warfarin during the later stages of pregnancy.
- ❖ **If you think you have become pregnant while taking warfarin contact your physician and your anticoagulation provider immediately.**



[Click to Return to Main Table of Contents](#)



What do I need to do if I have a medical procedure/ surgery planned while I am taking Coumadin® (warfarin) ?

- * Call your anticoagulation provider, as soon as possible, to let them know the medical procedure/surgery you have scheduled.
- * You also will need to tell the anticoagulation provider who is scheduling the medical procedure/surgery that you are taking **Coumadin® (warfarin)**.
- * The doctor or other anticoagulation provider may want you to stop taking **Coumadin® (warfarin)** a few days before the medical procedure/surgery.
- * Ask your doctor when you can restart your **Coumadin® (warfarin)** after your scheduled medical procedure/surgery.

Notify Your Anticoagulation Provider as soon as your medical procedure/surgery is scheduled.

[Click to Return to Main Table of Contents](#)

What should I do if I am going on vacation and need to get my blood drawn while I am out of town while taking Coumadin® (warfarin)?

- ❖ If you know you will be on vacation, contact your anticoagulation provider and let them know you will be gone and for how long.
- ❖ You might need to have your INR checked prior to you leaving.
- ❖ If you are going to need to have your INR checked while you are away, your anticoagulation provider might need to assist you in locating a laboratory so you can have your blood drawn. So, it is advisable to contact your anticoagulation provider to discuss those details.
- ❖ You should make sure that you have enough **Coumadin® (warfarin)** with you otherwise you might need to ask for a refill.



Notify Your Anticoagulation Provider as soon as your upcoming vacation plans.

[Click to Return to Main Table of Contents](#)

Keep this card in your wallet or purse.

I am taking the prescription medication Warfarin/Coumadin®, which is a blood thinner.

Name: _____ Birthdate: _____ Blood type: _____

GOAL INR: _____ Start date of Warfarin/Coumadin®: _____

In an emergency, please notify:

Name: _____ Relationship: _____ Phone: _____

Doctor: _____ Phone: _____

Please immediately inform anyone that is providing medical care to me.

Medication	Why do you take this?	Dose	How often do you take it?	When do you take it?	When did you start ?
Warfarin/Coumadin®					

[Click to Return to Main Table of Contents](#)