

## WARFARIN (COUMADIN) INSTRUCTION SHEET

Please take time to read Coumadin booklet for important precautions to follow.

**DIAGNOSIS (why you are on Coumadin):** \_\_\_\_\_  
**INR RANGE:** \_\_\_\_\_ **TABLET SIZE:** \_\_\_\_\_  
**DISCHARGE DOSE:** \_\_\_\_\_ **DOSAGE TIME:** \_\_\_\_\_  
**NEXT BLOOD TEST:** \_\_\_\_\_ **LAB STATION:** \_\_\_\_\_  
**CLINIC TO FOLLOW PROTINES:** \_\_\_\_\_ **PHONE #:** \_\_\_\_\_

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### PLEASE REPORT THE FOLLOWING TO THE PHYSICIAN:

1. Scheduled surgical/outpatient procedures – Be sure to let the physician doing the procedure know that you are on Coumadin. Depending on the procedure, your Coumadin may need to be held for several days prior. Also notify the physician in charge of Coumadin management if you are instructed to hold it.
2. Dental Appointments – Let your dentist know that you are on a blood thinner. For routine dental cleaning, there is no need to stop taking the Coumadin. For other procedures (i.e., tooth extraction, root canal), in which some bleeding is expected, Coumadin will need to be held in advance. You will need to discuss this with your dentist and then contact the physician regulating your Coumadin for further instructions.
3. Signs/Symptoms of Bleeding - Report any signs of bleeding (i.e. spontaneous bruising, black, tarry stools, bright red or dark “tea-colored” urine, excessive nosebleeds). Also report any falls/trauma (there may be no obvious signs of bleeding).
4. Any New Medications - Report to your physician any new medications prescribed. Some medicines react with Coumadin causing a raising or lowering of the blood level. Adjustments may have to be made in your Coumadin dose. Do not take over the counter medications without first talking with your doctor. Do not take aspirin or aspirin-containing compounds unless specifically instructed by the physician.

### DIETARY RESTRICTIONS

Try to maintain a regular diet. Avoid excessive quantities of food high in Vitamin K (i.e. dark green leafy vegetables). Please read the Coumadin booklet for detailed information on foods containing Vitamin K. Alcohol enhances the effect of Coumadin and will further “thin” the blood. We suggest abstaining for alcohol while on Coumadin.

### LAB WORK

Proper management of Coumadin requires lab work to monitor the level. It is imperative to follow dosage instructions (do not alter on your own) and comply with follow-up lab work. Because the effects of other medications and diet in combination with Coumadin as well as the risk of bleeding, careful monitoring is important. If you are unable to have your blood work drawn on your scheduled day, please contact your clinic to arrange for the blood work to be done on a different day.