



Name: _____

Address: _____

Tel no: _____

Warfarin commenced on: _____

Indication: _____

INR range: _____

Duration of treatment: _____



Warfarin: What is it and how do I take it?

Warfarin lowers the risk of blood clots forming in your body. There are two brands of warfarin. These are not the same, so don't change brands.

Take your warfarin exactly as prescribed. Warfarin is taken once each day, the evening is recommended.

You should not skip a dose or take a double dose.

Make sure you always have enough tablets.

Carry identification with you that states you take warfarin.

Pregnancy: if you plan to become pregnant or think you are pregnant, talk to your doctor.

Warfarin and Blood Tests

You need to have regular blood tests. Blood tests are needed to monitor the effect of warfarin. The dose of warfarin is changed based on the blood test (INR) results.

After each test, the doctor will tell you what dose to take each day and when to have your next test.

Record your INR, warfarin dose and date of next test on the other side of this card.

Warfarin and Bleeding

Bleeding is the most common side effect of warfarin.

Contact your doctor right away if you have:

- Any bleeding that is hard to stop
- Severe unexplained bruising, or bruising that gets bigger
- Red or black bowel motions
- Dark or blood stained vomiting
- Red or dark urine
- Coughing up blood
- Severe headache or dizziness
- New pain, swelling or discomfort

Talk to your doctor before starting any activity that may cause injury.

Tell your doctor or dentist about warfarin, before any medical or dental procedures.

Things that affect warfarin

Other medications: Warfarin is affected by many medicines. This includes prescription and non-prescription medicines, vitamins and herbal supplements. Talk to your doctor or pharmacist before you start or stop any medicines.

Diet: Some foods interact with warfarin and affect your treatment and dose. Maintain a regular balanced diet. Contact your doctor if you can't eat your usual diet.

Alcohol: Small amounts (1–2 standard drinks per day) of alcohol are unlikely to cause problems.

Illness: Illness may change the effect of warfarin. See your doctor if you become ill.

