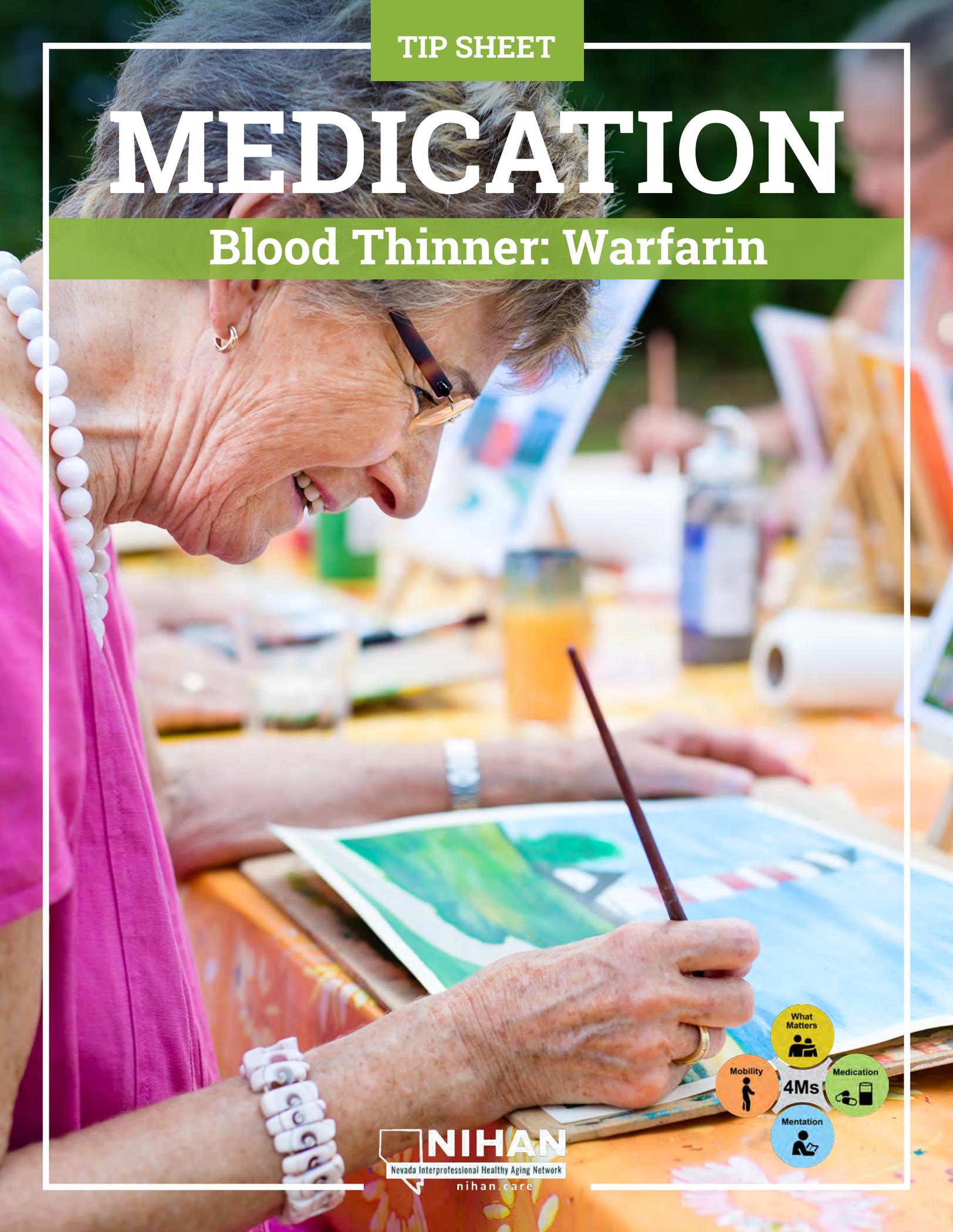


TIP SHEET

# MEDICATION

## Blood Thinner: Warfarin



### What is warfarin?

Warfarin is a prescription medication that slows the body's ability to make a blood clot. It is a type of "blood thinner."

### Why do I need to take this medication?

Warfarin can help prevent harmful clots from developing inside your blood vessels if you have certain medical conditions. If you've already developed a clot, warfarin prevents the clot from becoming larger.

### How often should I take this medication?

Normally, warfarin is taken once a day. It should be taken as your doctor prescribes. For many people, the evening is the best time to take this medication.

### Do I need to be monitored while taking warfarin?

Yes. Taking too little warfarin can increase your risk of forming a clot and taking too much warfarin can increase your risk of bleeding. Monitoring usually includes a blood test called an International Normalized Ratio (INR), which measures warfarin's effect.

### How often do I need to be monitored?

When first starting warfarin, monitoring may occur one or more times a week until the dose is stable. After the dose is stable, monitoring usually occurs once a month. Certain changes may increase the need for monitoring. For example, changes in medications, medical conditions, and even diet can affect how your body handles warfarin. With such changes, more frequent monitoring may be needed until the INR test shows stability again.



# MEDICATION

## Warfarin

TIP  
SHEET



### What if I miss a dose?

Take the medication as soon as you remember. If you remember the next day, do not take an extra dose. Continue with your normal schedule and then contact your doctor.

### Are there side effects I should watch for to report to my doctor?

If these symptoms occur, it's important to report them immediately to your doctor:

- Bleeding from the nose or gums
- Bruising more easily
- Severe headache
- Blood in the urine
- Bloody or dark stools
- Vomiting blood

### Does warfarin interact with any of my other medications?

A number of medications, vitamins, and herbal products can interact with warfarin. Always tell your doctor before starting or stopping any drug when you are on warfarin.



### Can food interact with warfarin?

Yes. Green leafy vegetables are rich in Vitamin K, which is needed to make blood clots. Changes in the amount of Vitamin K in your diet can alter how warfarin works in your body. Taking warfarin should not interfere with a healthy diet. However, it's important to be consistent. Before making any dietary changes, talk with your doctor.

### How can I find warfarin tablet strength?

Warfarin tablets have unique color that indicates their strength, or how many milligrams (mg) are in each tablet. Check your tablets each time you get them from the pharmacy to be sure you have the right strength.

Dosage Strength	Tablet Color	Dosage Strength	Tablet Color
1 mg	pink	5 mg	peach
2 mg	lavender	6 mg	teal or blue-green
2.5 mg	green	7.5 mg	yellow
3 mg	tan	10 mg	white
4 mg	blue		