

Name
Address
Telephone
Warfarin commenced on
Indication
INR range
Duration of treatment

Name
Address
Telephone
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: 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 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.

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, minerals, herbal medications and dietary 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.

Things that affect warfarin

Other medications: Warfarin is affected by many medicines. This includes prescription and non-prescription medicines, vitamins, minerals, herbal medications and dietary 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.

Fold and keep this card in your wallet

Fold and keep this card in your wallet