

Leaflet produced by Tony McGrath
Community Learning Disability Nurse
East Lancs PCT
tel 01282 648238

References

BC Health Services (2010) Warfarin: A Guide for Patients. Available at: http://www.bcguidelines.ca/gpac/pdf/warfarin_pat.pdf

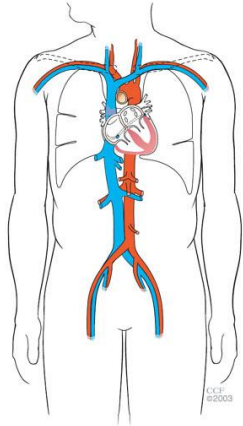
NHS Choices (2010) Anticoagulants, Warfarin. Available at: <http://www.nhs.uk/conditions/Anticoagulants-warfarin-/Pages/Introduction.aspx>

Department of Health (2007) Living with Warfarin: Information for patients. Available at: http://www.health.wa.gov.au/docreg/Education/Population/Health_Problems/HP8948_warfarin_B.pdf



**Some important information
about your
Warfarin medication**

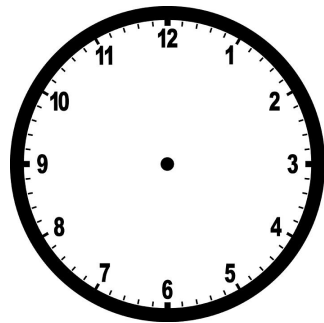
Warfarin



Warfarin helps your blood flow around your body

It stops blood clots forming in your heart.

You need to take your medicine at the same time each day



If you are sick

Severe bruising not caused by an injury



You have a bang to the head

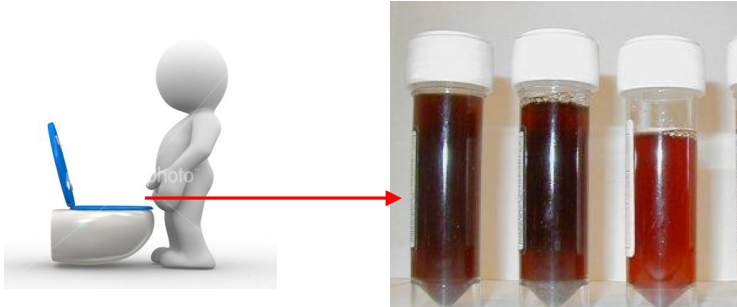
are involved a major accident



Have a fever

Contact the Doctor if:-

Red or dark pee (urine)



Red or dark poo (Faeces)

You have unusual headaches or dizziness



Warfarin comes in different strength tablets



1mg



3mg



5mg

You need to take the tablets at the correct dose on the correct day.

Your nurse will tell you what to take.

You will need to have regular blood tests to see if your Warfarin dose needs to change.



Other medication

You must check with the Doctor or Pharmacist whether or not it is OK to take with Warfarin

before you:-

take any new medicine or tablets



buy any medicine or tablets from the supermarket or Chemist

take any herbal medicines or supplements (such as vitamins, iron tablets, etc)



You are bleeding a lot

The bleeding takes a long time to stop.



Coughing blood

Contact the Doctor if:-

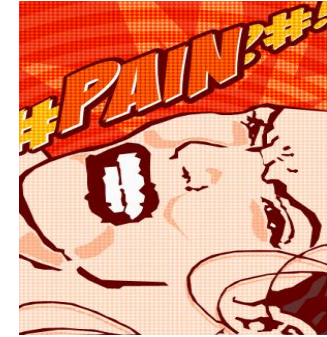
You take too many Warfarin tablets



you forget to take your Warfarin tablets



If you are in pain



Do not take

Aspirin or



Ibuprofen



You can take

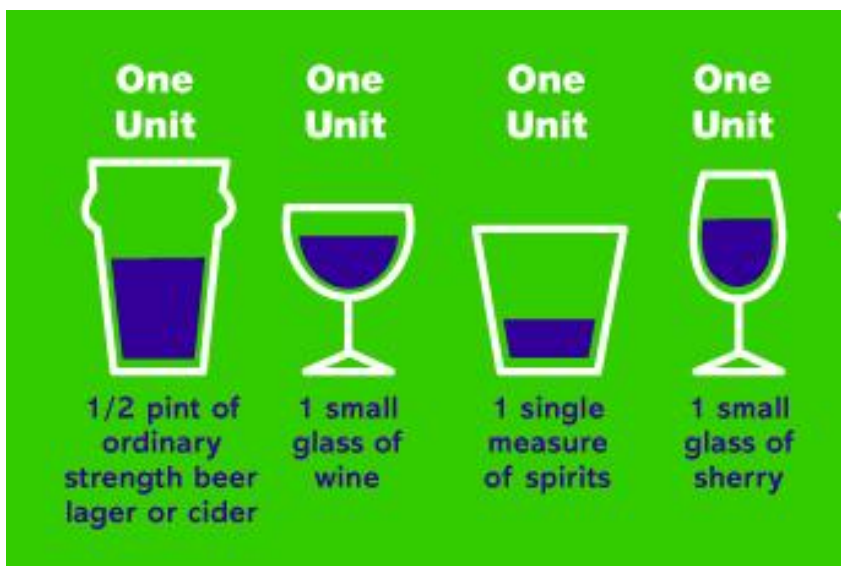
Paracetamol



Food and drink

Do not drink more than 3 units of alcohol a day

1 unit =



Foods containing Vitamin k effect your Warfarin.

You still need to eat foods with vitamin K but you should eat them in regular small amounts

Food that contain vitamin K are:-

Liver



Spinach



Cabbage



Brussel sprouts



Broccoli

