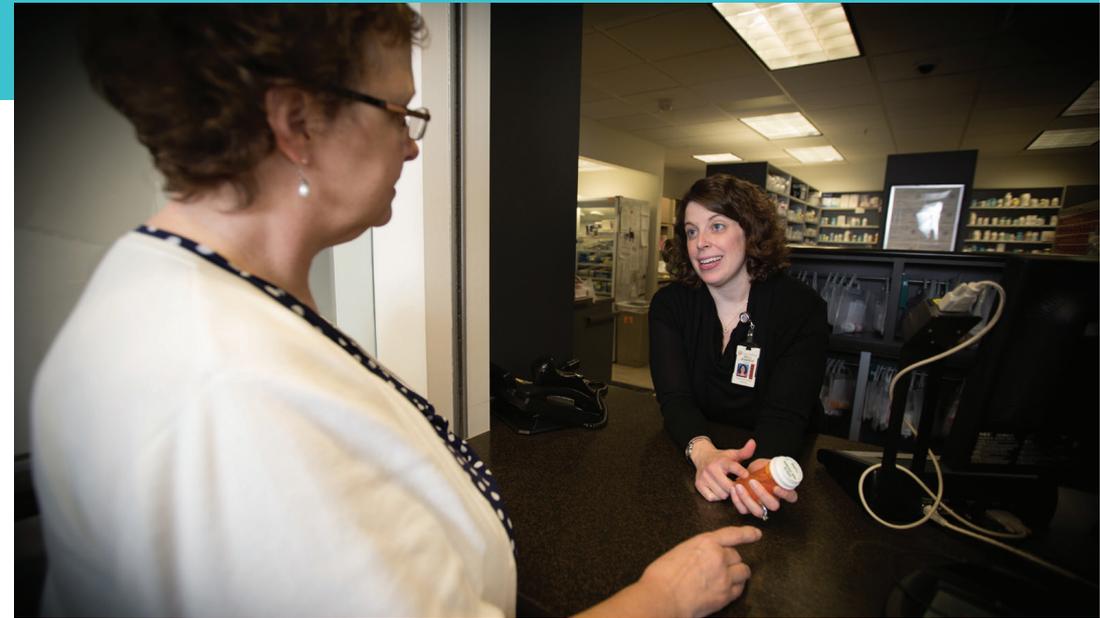


WARFARIN TABLET STRENGTH & COLOR

TABLET STRENGTH	TABLET COLOR
1 mg	Pink
2 mg	Lavender (light purple)
2.5 mg	Green
3 mg	Tan
4 mg	Blue
5 mg	Peach (light orange)
6 mg	Teal (blue-green)
7.5 mg	Yellow
10 mg	White



Warfarin (Coumadin®)

Frequently Asked Questions When Taking Warfarin

Quick Start: Warfarin: The 5 Things You Need to Know

1. Take warfarin once daily at bedtime as instructed by your doctor, or Thrombosis Clinic
2. Call your doctor, or Thrombosis Clinic, if you have any bleeding or clotting symptoms.
3. Call your provider to schedule your first blood test (INR) within 2 business days of leaving the hospital.
4. Keep your diet consistent with foods that contain Vitamin K, such as green, leafy vegetables. Avoid major changes in dietary habits, or notify your health professional before changing habits.
5. Do not start or stop any medication or over-the-counter medication, unless on the advice of the physician or pharmacist.

Thrombosis Clinic:
801.213.9150

Thrombosis Service
(24-hour pager):
1.888.226.0001

healthcare.utah.edu/thrombosis

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THROMBOSIS SERVICE

FREQUENTLY ASKED QUESTIONS WHEN TAKING WARFARIN

WHY DO I NEED WARFARIN?

- You may have a blood clot, or you may be at risk of forming a blood clot.
- Warfarin is an anticoagulant medicine, which helps prevent clots from forming or getting bigger.

DOSING INSTRUCTIONS FOR WARFARIN

- Take warfarin once daily by mouth at bedtime, as instructed by your doctor or Thrombosis Clinic.
- The dose you're taking may change over time, based on your blood tests.
- If you miss a dose:
 1. Do not double up your dose,
 2. Skip the missed dose, and take it again at your next regular time,
 3. If you miss more than one dose, call your doctor or Thrombosis Clinic.

WHAT ARE THE SYMPTOMS OF A BLOOD CLOT?

Note: It is still possible to get a blood clot while you are taking warfarin.

- Symptoms of a blood clot may include any of the following:
 - New or sudden increase in warmth, pain, redness, or swelling in your arms or legs
 - Difficulty breathing, sudden increase in shortness of breath, or discomfort in your chest
 - Vision changes, severe headaches, difficulty walking, difficulty speaking, or weakness in your arms or legs

WHAT ARE THE SIDE EFFECTS OF WARFARIN?

- The most common side effect of warfarin is minor bleeding, like:
 - Bleeding gums when brushing your teeth
 - Small nose bleeds that stop right away
 - Easy bruising
 - Longer or heavier menstrual periods
- You do not need to see your health care provider for minor bleeding. If you are worried that your bleeding is serious, call your provider (doctor, nurse, pharmacist, physician's assistant, etc).
- Contact your health care provider **immediately** if you have major bleeding, like:
 - Red, dark, or bloody urine
 - Black, red, or tarry (look like tar) stools
 - Throwing up or coughing up blood
 - Severe headaches
 - New pain or swelling
 - Unexpected severe bruising

WHY DO I NEED REGULAR BLOOD TESTS?

- Your blood is tested to measure your INR. It shows how long it takes your blood to clot. INR stands for International Normalized Ratio.
- For your safety, your INR must be kept within a specific range that is determined by your doctor.
- Your INR will be checked at regular clinic or lab visits to make sure you are taking the right amount of warfarin and to adjust the dose if needed.

WHAT CAN AFFECT MY WARFARIN?

- Diet changes:
 - Some foods and drinks can affect the INR and change the way warfarin works in your body.
 - Keep your diet consistent with foods that contain Vitamin K, such as green, leafy vegetables (e.g. spinach, broccoli, kale, asparagus, etc).
 - Alcohol and some teas can affect the INR. Limit your alcohol to no more than 2 drinks per day.
 - Avoid major changes in dietary habits, or notify your provider or Thrombosis Clinic before changing habits.
- Medication changes:
 - Warfarin interacts with several medications, especially antibiotics, and can affect the INR.
 - Do not start or stop any medication or over-the-counter medication, unless on the advice of the physician or pharmacist.
- Health changes:
 - Most illnesses can affect the INR, such as severe diarrhea and/or vomiting.
 - If you're eating less than normal due to illness, your warfarin dose may also need to be adjusted.

WHAT ELSE IS IMPORTANT TO KNOW ABOUT WARFARIN?

- Contact your health care provider immediately if you are pregnant or plan to become pregnant. Warfarin can cause death or birth defects in an unborn baby.
- Contact your health care provider as soon as possible if you need surgery or a procedure. You may need changes to your warfarin.
- Take precautions to prevent falls or injury.
- Warfarin doses can change often, so we suggest using a pill box.