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.

Quick Start: Thrombosis Service

**Warfarin Tablet Strength & Color**

<table>
<thead>
<tr>
<th>Tablet Strength</th>
<th>Tablet Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 mg</td>
<td>Pink</td>
</tr>
<tr>
<td>2 mg</td>
<td>Lavender (light purple)</td>
</tr>
<tr>
<td>2.5 mg</td>
<td>Green</td>
</tr>
<tr>
<td>3 mg</td>
<td>Tan</td>
</tr>
<tr>
<td>4 mg</td>
<td>Blue</td>
</tr>
<tr>
<td>5 mg</td>
<td>Peach (light orange)</td>
</tr>
<tr>
<td>6 mg</td>
<td>Teal (blue-green)</td>
</tr>
<tr>
<td>7.5 mg</td>
<td>Yellow</td>
</tr>
<tr>
<td>10 mg</td>
<td>White</td>
</tr>
</tbody>
</table>

Thrombosis Clinic: 801.213.9150

Thrombosis Service (24-hour pager): 1.888.226.0001

healthcare.utah.edu/thrombosis
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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.