

- Warfarin (brand name Coumadin) is used to prevent blood clots in veins, arteries, lungs or heart.
- This medication slows your blood from clotting, so be aware you may bleed more than usual. To treat bleeding, apply pressure for 5-10 minutes. If bleeding persists, call your physician or go to the ER.
- Be sure to report any unusual bleeding to your physician.
- Remember to take the medication every day at the same time. If you miss or take an incorrect dose call your physician office for instructions.)
- The dosage has been determined by your medical condition and the results of your blood tests. Your physician will determine how often the blood tests are needed.
- Notify your physician before starting or stopping ANY medication. This includes over the counter meds and herbal supplements.
- Avoid drastic changes in eating habits. Avoid changes in amount of foods high in Vitamin K, such as dark leafy greens, fish and fish oil. Avoid large amounts of alcohol and green tea.
- Call EMS 911 immediately for: vomiting bright red blood, passing bright red blood by rectum, or other uncontrollable bleeding, severe shortness of breath, or sudden chest pain.

Use this calendar to record what dose you have been instructed to take

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday