

WARFARIN/COUMADIN/JANTOVEN PATIENT EDUCATION

We at **Midwest Cardiovascular Institute** want to offer the clearest information relating to your anticoagulation (blood thinning) therapy to help you to become compliant with your warfarin diet and medication regimen. Please review the information below and call **your MCI clinic** if you do not understand any part of therapy so we can assist you as needed.

Dosage Issues:

- Take warfarin/Coumadin/Jantoven as prescribed. Make sure you are taking the:
 - Correct **Milligram** dosage
 - **Color** of tablet
 - **Number** of tablets
- If you miss one dose and remember the SAME DAY, take the missed dose even though it is later. If you remember the NEXT DAY, do not take extra and notify Warfarin team.
- Set up a daily routine for taking medication. (when brushing teeth in evening, at bedside, with supper, note on bathroom mirror)
- Use a separate pill planner only for Anticoagulation medication
- You will be given directions on how to take medication each time your INR is checked.

Effect of other Medications:

- Many drugs affect the action of warfarin therefore, inform all your Physicians that you are taking Warfarin/Coumadin/Jantoven.
- Check with your pharmacist **AND your MCI Warfarin team** before taking any new medications such as antibiotics, pain medications, steroids, allergy/sinus medications, herbs, or over the counter drugs.

Effect of Lifestyle:

- Eating habits (consistent with Vit K foods)
- Alcohol consumption (thins blood)
- Regular Exercise
- Notify Coumadin nurse if you are planning an extended trip.
- Use soft toothbrush to prevent bleeding gums
- Use caution when trimming nails
- Report to Warfarin team if you begin drinking any dietary supplement such as (Boost/Ensure/Nepro/Glucerna/Slim Fast)

Complications:

Warfarin affects the clotting factors in your blood so it is important to **call promptly** if any of the following occur:

- Bloody/tarry black stool (bowel movements)
- Blood with coughing or vomiting
- Unexplained/increase in bruising
- Red or dark brown urine
- Increased menstrual bleeding
- Nosebleeds (apply firm pressure)
- Swollen joints/large swelling from a bump
- Have a hard fall and hit head

Go directly to the EMERGENCY ROOM if:

- Chest pains, increased shortness of breath
- Abnormal bleeding that does not stop after applying pressure
- Discomfort in arms, back, neck, or jaw

WARFARIN CAUSES BIRTH DEFECTS-Inform your Warfarin team if you are or become pregnant.

REMINDERS:

- Take Warfarin at the same time each day preferably in the evenings pending any dosage changes. It is not necessary to take with a meal.
- Be careful to avoid a sports injury & using sharp knives. Wear shoes to avoid stepping on sharp objects. Use electric razor instead of straight razor. These things can cause excessive bleeding.

Monitoring:

- If you are checking INR at an outside lab, call Coumadin nurse to notify of lab draw.
- Provide **current** contact numbers so you can be reached for warfarin dosing.
- Wear a **Blood Thinner Medic Alert** bracelet/necklace/key tag
- Notify Warfarin team if another MD instructs you to stop Warfarin for any length of time.