

Warfarin

Therapeutic category Anticoagulant, coumarin derivative.

When not to take this medicine

- If you are allergic to Warfarin or any of the other ingredients of this medicine.
- Inform your health care provider if you have any allergies to any medicine. It is important that you keep your health care provider informed about your allergy and how it affected you. For example, report symptoms such as rash, hives, itching, shortness of breath, wheezing, coughing, swelling of the face, lips, tongue or throat, or any other related symptoms.
- If you have any of the following disorders: spinal anesthesia, aneurysm, bleeding issues, cancer, diverticulitis, heart valve infection, liver disease, low platelet count, pericarditis, polyarthritis, malnutrition, recent eye or brain surgery, uncontrolled high blood pressure, motor instability or warfarin-induced necrosis.
- If you are aware that you will not take the medicine according to the instructions provided.
- If you are or may be pregnant.

What is this medicine used for?

- This medicine is used to dilute the blood and prevent the formation of clots.

How does it work?

- Warfarin causes changes in the body's coagulation system. It dilutes the blood to prevent clot formation.

How should I take it?

- Take this medicine at similar hours during the day.
- You can take this medicine during your meals or not. Take this medicine during meals if it causes stomach susceptibility.
- Keep a constant vitamin K intake. Consult your dietitian.
- Follow the food plan and the physical activity program recommended by your health care provider.

Legal Notice: We want you to get the greatest possible benefit from this medicine.

This leaflet contains a series of summary information that will help you understand the medication and take it safely. It may be particularly important for you to be familiar with additional know other information about this medicine.

Please consult your health care provider for more information and to be informed if you have any particular your special treatment needs.

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What should I do if I forget to take a dose?

- Take the missed dose as soon as possible.
- If it's almost time for your next dose, don't take the dose you missed, but resume your regular scheme.
- Don't take a double dose or additional doses.
- Don't change the dose and don't stop taking the medicine. Consult your health care provider.

What precautions should I follow when taking this medicine?

- Wear an identifying tool for your disease.
- Do not donate blood while taking this medicine and for 5 days after its discontinuation.
- Tell your dentist, surgeon or any other health care provider that you are taking this medicine.
- You will be more prone to bleeding. Pay attention. Avoid injuries. Use a soft toothbrush and an electric shaver.
- Carry out the necessary research on the medicines with help from your health care provider. This medicine may interact with other medicines.
- Consult your health care provider before taking aspirin, products containing aspirin, other painkillers, blood thinners, garlic, ginseng, ginkgo or vitamin E.
- Avoid multivitamins, natural products, and dietary supplements containing extra amounts of vitamin K.
- Limit your alcohol intake (including wine, beer and spirits).
- If you stop smoking, consult your health care provider. The dosage of the medicine you are taking may need to be changed.
- Use reliable contraception methods to prevent pregnancy while taking this medicine.
- If you are breast-feeding inform your health care provider.

What are the most common side effects of this medicine?

- Bleeding problems.

What should I monitor?

- Any changes in the treated disease. Has it improved, worsened or is it more or less the same?
- Signs or symptoms of bleeding.
- Have blood tests performed (prothrombin time/INR). Consult your health care provider.
- Pay special attention to your dental hygiene. Go to a dentist on a regular basis.

Reasons to call your health care provider immediately

- If you suspect an overdose call your family doctor immediately or, if symptoms persist, go to the emergency room.
- Signs of a reaction that may be associated with a risk of life. For example, symptoms such as wheezing,

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chest tightness, fever, itching, intense cough, bluish coloration of the skin, swelling of the face, lips, tongue or throat.

- Severe dizziness or fainting.
- Falls or accidents, especially if you hit your head. Consult your health care provider even if you feel good.
- Significant changes in the ability to think clearly and logically.
- Severe headache.
- Severe back pain.
- Unusual abrasions or bleeding.
- Black or purple skin color.
- Any kind of skin rash.
- No improvements of the disease, or a feeling of worsening of the symptoms.

How should I store the medicine?

- Store the medicine at room temperature.
- Protect the tablets from humidity. Do not store them in the bathroom or in the kitchen.

Also, remember:

- If you are at risk of life for allergies, always carry your NHS card with you.
- Do not share your medicine with other people and do not take other people's medicines.
- Keep all the medicines out of reach of children and animals.
- Carry a list of the medicines you are taking (prescribed medicines, natural products, supplements, over-the-counter products). Give this list to your health care provider (doctor, nurse, professional nurse, pharmacist, medical assistant).
- Before taking any new medicine, including over-the-counter products, natural products or vitamins, ask your health care provider.

Interaction of Warfarin with vitamin K

FOODS WITH HIGH VITAMIN K CONTENT

FOOD PORTION	
FATS	
Eggs	2 large
Mayonnaise	100g
VEGETABLES	
Broccoli	50g
Cabbage cap	100g
Endive	100g
Escarole	100g
Lettuce	100g
Parsley	100g
Spinach	100g

FOODS WITH MEDIUM VITAMIN K CONTENT

FOOD PORTION	
FATS	
Margarine	100g
Olive oil	100cc
VEGETABLES	
Asparagus	7 pieces
Avocado	1 small
Green beans	100g
Peas	100g
Sauerkraut	100g

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FOODS WITH **LOW** VITAMIN K CONTENT

FOOD PORTION	
BEVERAGES	
Coffee	10 cups
Coca Cola	100cc
Fruit juice	100cc
Milk	100cc
CARBOHYDRATES	
Bread	4 pieces
Cereals	100g
Flour	100g
White rice	100g
Spaghetti	100g
FATS	
Butter	100g
Corn oil	100cc
Sesame Sunflower oil	100g
Yogurt	
FRUIT	
Apple	1
Banana	medium
Blueberries	1
Melons	medium
Grapes	100g
Grapefruit	100g
Lemon	100g
Orange	½
Peach	medium
	2
	medium
	1
	medium
	1
	medium

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MEAT AND FISH	
Veal	100g
Chicken and Turkey	100g
Pork	100g
Tuna and Mackerel	100g
VEGETABLES	
Carrots	100g
Celery	2.5 pieces
Eggplants	100g
Mushroom	100g
s	100g
White Onions	1 medium
Potatoes	1 medium
Tomatoes	
OTHER	
Honey	75cc
Peanut butter	100g