

What is warfarin?

- * Warfarin is an anticoagulant, sometimes called a “blood thinner”
- * Warfarin **prevents** clot formation and existing clots from getting bigger
- * Warfarin does not dissolve clots that have already formed as your body's natural processes will dissolve the clots
- * We currently keep three strengths of warfarin as described below:

Strength (mg)	Colour
1	Brown
3	Blue
5	Pink

- * Brand name: **Marevan®**
- * Do not change brands as they may have slightly different effectiveness

Why are you taking Warfarin?

- * You are prescribed warfarin by your doctor for:

- Existing clots in the lungs, veins, arteries or heart
- Irregular heart rhythm
- Heart valve replacements
- Stroke
- Others: _____

- * To reduce the clotting ability of your blood thus preventing further complications
- * Duration of treatment may vary from 3-6 months to long term depending on your condition

How should you take this medicine?

- * Warfarin can be taken with or without food
- * Take at the **same** time, once daily
- * **DO NOT** miss, double or adjust your dose unless directed by your doctor or pharmacist

What if you miss a dose?

- * Take it as soon as you remember if it is **within 8 hours** of your usual time to take warfarin

- * If it is after 8 hours, skip the dose for that day
- * Just take your warfarin dose at the usual time the next day.
- * **DO NOT** take double doses, unless your doctor tells you to, as this can cause excessive bleeding
- * **Record** all missed doses and dates. Inform your doctor at your next appointment

What happens when you start warfarin?

- * You will be given a booklet called **Anticoagulation Therapy Record** that provides an ongoing record of your blood tests and warfarin dosage
- * Remember to bring the booklet with you every time you visit Anticoagulation Clinic
- * Warfarin dose is adjusted according to your desired **International Normalised Ratio (INR)** that measures the effectiveness of warfarin and its bleeding risk
- * Your desired **INR** range is: _____
- * Blood tests may be required more frequently to determine the appropriate warfarin dose
- * Your dose may change after each visit depending on your INR result. Your doctor or pharmacist will inform you any dose changes
- * Inform your doctor or pharmacist of any illnesses, hospitalisation, changes in medication(s) or lifestyle at your next appointment
- * Inform other healthcare professionals (doctors, dentist, pharmacist) whom you are seeing for other condition(s) that you are on warfarin

Do you need to avoid certain foods/drugs while you are on warfarin?

- * Effect of warfarin depends on the amount of Vitamin K in your body which is mostly derived from your diet
- * Eat a **well-balanced diet** while you are on warfarin
- * Ensure **consistent** and **moderate** consumption of Vitamin K rich food (*please refer to table on next page*)

- * **Avoid** making any **MAJOR CHANGES** to your diet (e.g. becoming a vegetarian) without first consulting your doctor or pharmacist
- * **Avoid** excessive alcohol consumption. It is advisable not to take more than 5 cans of beer or 1 bottle of wine per week
- * **Avoid** any form of traditional or herbal remedies and over-the-counter supplements (e.g. ginkgo, garlic, cordyceps and ginseng) as their effect on warfarin is unpredictable
- * **Consult** your doctor or pharmacist before you start or stop taking any medication or supplements. Certain medications like pain killers, antibiotics, and hormonal pills may affect the effect of warfarin

What are the side effects you may observe from taking warfarin?

- * Possible side effects of warfarin include:
 - Unexplained nose bleed
 - Bleeding from gums when brushing teeth
 - Prolonged bleeding from minor cuts (10-15 minutes) despite applying pressure on wound
Action: Check with your doctor if the bleeding does not stop within 15 min or if you feel unwell.
 - Excessive menstrual bleeding (women)
Action: For women, increased menstrual flow is common but check with your doctor if you feel unwell.
- * **Serious** effects of warfarin overdose include:
 - Blood in urine or cloudy and dark urine
 - Black, sticky or tarry stools (*not due to iron supplement*)
 - Coughing up blood or coffee ground-like vomit
 - Unexplained large bruises or purplish area on skin
 - Sudden severe headache with nausea or loss of consciousness
Action: Check with your doctor immediately or admit yourself to the Accident and Emergency Department (A&E) if you experience any of the symptoms or feel unwell

What else do you need to know about warfarin?

- * Inform your doctor if you have not been eating well or feeling unwell (e.g. **fever, vomiting, diarrhoea, infection**)
- * Avoid intramuscular injection because it may lead to haematoma (bleeding in the muscle)
- * Ensure that you keep sufficient warfarin supply at all times especially if you need to travel
- * If you are pregnant or intending to get pregnant, please inform your doctor as warfarin may affect your foetus






















































Do you need to make any lifestyle changes?

- * No need to make any changes to your lifestyle. Keep it consistent and have a well-balanced diet.
- * Be extra cautious when handling razors or other sharp objects
- * **Avoid** contact sports or other activities that may cause you to be injured and lead to excessive bleeding

Where should you keep your medicine?

- * Keep out of reach from children
- * Store at room temperature and protect from light

If you have any questions, please contact pharmacy at telephone no. : _____

HIGH Vitamin K Content				
Beverage	 Chrysanthemum Tea	 Green Tea	 Herbal Tea	
Vegetables	 Broccoli	 Brussel Sprouts	 Kai Lan	 Dou Miao
	 Chye Sim	 Spinach	 Watercress	 Parsley
Soya	 Soya Product(s)			
MODERATE Vitamin K Content				
Oil/ Dressings	 Canola oil	 Olive oil	 Margarine	 Mayonnaise
Alternative	 Cowpeas	 Lentils		 Green Beans
	Vegetables	 Asparagus	 Cabbage	 Celery
		 Leeks	 Lettuce	 Ladyfinger
LOW Vitamin K Content				
Vegetables	 Carrot	 Cauliflower	 Corn	 Cucumber
	 Mushroom	 Onion	 Peas	 Pickles
	 Pumpkin	 Tomato	 Turnip	 Sweet Potato
	 Snap pea	 Snow pea		
Fruits	 Apple	 Apricot	 Banana	 Grapes
	 Orange	 Peach	 Pears	 Plum
	 Strawberry	 Watermelon		
Oil/ Dressings	 Corn oil	 Peanut oil	 Sunflower oil	 Sesame oil

Patient Information

on

Warfarin



Produced by Pharmacy Department



Singapore
General Hospital
SingHealth



National Heart
Centre Singapore
SingHealth