

## **HOW TO USE COUMADIN SAFELY ANTICOAGULANT THERAPY**

You are taking Coumadin to reduce your chance of developing harmful blood clots. Your cooperation is crucial in keeping Coumadin treatment safe and effective. "Warfarin" is the generic name of Coumadin.

♥ Take Coumadin exactly as you are told. If you take too much, you may develop serious bleeding. If you take too little, you may develop blood clots.

♥ Take Coumadin at the same time every evening with or without food. Don't skip doses or double up on the Coumadin if you do miss a dose.

♥ You must have a blood test called an "INR." to help us regulate your Coumadin dosage. Be sure to call our office (505-563-2500 or 800-734-4278) later the same day of your test if you were not given instructions at the time of your test. Never go longer than six weeks without an INR, unless we instruct you otherwise.

♥ Beware of taking new medications with Coumadin as they may affect how Coumadin works. Do not take any new medications including non-prescription drugs, vitamins, or herbal substances without approval of a health professional.

♥ Do not take aspirin unless a physician tells you to do so. An occasional Tylenol is OK. Avoid drinking alcohol while taking Coumadin as alcohol changes how your body responds to the medicine.

♥ Do not stop Coumadin without being told to do by a health professional.

♥ Go to an emergency room or call us (505-563-2500 or 800-734-4278) immediately if you develop any of these problems:

- Large, painful black and blue bumps.
- Bloody or black bowel movements.
- Bloody urine.
- Bleeding anywhere that does not stop.
- Severe abdominal pain.
- Severe, unusually long-lasting headaches.

♥ Consider getting a Medical Alert bracelet or necklace that will let people know you are taking Coumadin.

We are pleased to answer your questions or discuss your condition with other health care professionals.