

# Warfarin Quick Reference

Warfarin is an anticoagulant also known as Coumadin or Jantoven. It is used to treat or prevent clots by slowing down the blood clotting process. It is sometimes called a “blood thinner.”

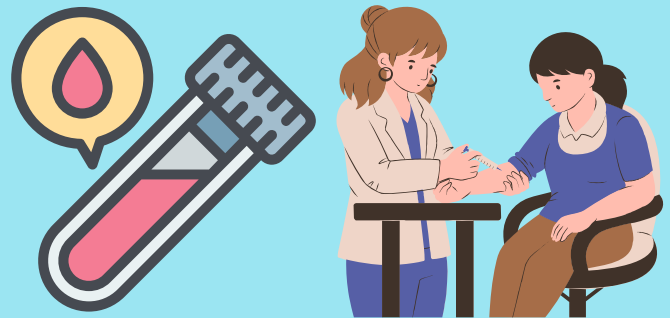


## Administration (Including Missed Doses)

- Take at the same time every day with or without food
- If you miss a dose, try to take it as soon as possible on the same day
- If you remember the next day, do not double up to make up for missed dose

## Lab Monitoring

- INR is a blood clotting test used to monitor warfarin therapy
- High INR = blood “too thin” = ↑ risk of bleeds
- Low INR = blood “too thick” = ↑ risk of clots
- Lab work will be required every 1-4 weeks to ensure safety and efficacy



## Dietary Considerations

- Keep your weekly intake of foods containing vitamin K consistent to prevent fluctuation in your INR
- Vitamin K is found in green leafy vegetables, certain fruits, and supplemental shakes
- Limit alcohol intake

## Drug Interactions

- Warfarin interacts with many medications
- Please notify the Warfarin Clinic if you start, change, or stop any medications
- Additional INR monitoring may be required when starting a medication that interacts with warfarin



## Side Effects & Safety Tips

- Most common side effect is bleeding
- Use caution when using knives, scissors, and razors that can cut you
- Avoid involvement in risky sports or activities that may cause injury or bleed
- If you suffer a bad fall, especially if you hit your head, call your doctor or seek help

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