

This can make you sick or you could die.

Tell your doctor if you have any of these problems:

- Your stool (or poop) has blood in it, looks black, or looks like tar.
- You cough up blood.
- You feel dizzy like you are going to pass out.
- You feel tired all the time.
- Your gums or nose bleeds.
- Your pee looks dark.
- You bruise too easy.

Some medicines cause the blood thinner to work the wrong way in your body.

Do not take any pills or vitamins that you buy at the store unless your doctor says it is okay.



This paper is for your information only.



Call your doctor with any questions.

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This is how you say:

- warfarin - WAR-fah-rin
- Coumadin™ - KOO-mah-din
- vitamin - VI-tah-min

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# What You Need To Know About A Blood Thinner (Warfarin)



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# Warfarin (A blood thinner)

## Learning about clogs (or clots)

- Your heart pumps blood to your body. Blood comes back to your heart in pipes called veins. In some people the blood gets thick in a vein and the vein clogs up.
- Veins may clog up in your leg or lung.
- Clogs can cause a stroke, which can hurt the brain.

## What is warfarin?

Your doctor may give you a medicine that thins your blood. The name of one blood thinner is warfarin (or Coumadin™). This will thin your blood so it won't clog.

Doctors will check your blood to see if it is thin enough. The blood test is called a protime or INR.

## When your blood is too thin:

- You may bleed too much.
- You will have to take less blood thinner.

## When your blood is not thin enough:

- Your blood may clog.
- You will have to take more blood thinner.



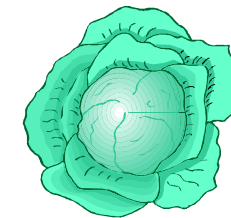
Doctors will check your blood often. It may be each week or each month.

## Your blood test may change if you:

- are sick
- drink too much alcohol
- take other medicines

- take vitamin pills that have Vitamin K (it makes the warfarin weaker)
- eat too much food that has Vitamin K, like:

- Collards
- Kale
- Spinach
- Mustard greens
- Turnip greens



- Cabbage
- Broccoli
- Liver
- Green peas

## How do I take my pills?

- You will take pills only on certain days of the week.
- You must take the pills only on the days your doctor tells you.
- If you do not take your pills the right way, you could get a clog, or you could start bleeding inside your body.