

COUMADIN EDUCATIONAL FORM

READ THIS DOCUMENT CAREFULLY.

Please let me know if you do not understand any part of your Coumadin (Warfarin Sodium) therapy. The purpose of this document is to help you understand your Coumadin therapy and how to use Coumadin properly.

DOSAGE

It is important that you maintain the dosage prescribed for your Coumadin therapy. Your prescription for Coumadin should be refilled only as directed by me (physician). When you take your Coumadin, check to make sure you are taking the right tablets in terms of:

- Milligram(mg) dosage
- Color
- Number of tablets

You must take your Coumadin tablets as prescribed.

You should take them:

- Same time every day at night.
- Only in the prescribed amount.

If you forget to take a tablet, let me (physician) know immediately. **DO NOT** take another tablet to “catch up”. Take the missed dose as soon as possible on the same day, but **DO NOT** take a double dose of Coumadin the next day.

Other medicines may affect the action of Coumadin.

- Check with me (physician) before starting, stopping, or changing the dose of any other medicines. (This includes over-the-counter or topical drugs.)
- Inform me (physician) if you have any illness that may require any other medication.
- Inform other doctors or dentists that you are taking Coumadin.
- You may wish to carry a card that identifies you as a patient on Coumadin.

WOMEN

Coumadin should not be taken while you are pregnant. Inform me immediately if you are pregnant or if you are planning to become pregnant.

PROTIMES DRAWN AT A LAB

- Very important to keep scheduled appointments
- Try to use the same lab, do **NOT** go on Friday
- If you have not heard from us within 48 hours of your lab test, you **MUST** call our office to obtain your result and receive instructions.

LIFESTYLE

Because many factors can affect the action of Coumadin, it is important you maintain a consistent lifestyle in terms of:

- Eating habits (especially in the amount of green vegetables you eat)
- Exercise or physical activity

In general, you should report lifestyle changes to me (physician).

Avoid alcohol consumption.

Notify the physician if taking an extended trip to make arrangements to continue monitoring your Protime(PT).

SPECIAL CONSIDERATIONS

Because Coumadin therapy affects the clotting factors in your blood, it is important that you call me (physician) promptly if any of the following occurs:

- Bleeding – Prolonged bleeding from cuts, increased menstrual flow or vaginal bleeding, nosebleeds, bleeding of gums, coughing, or throwing up blood.
- Unusual bruising
- Red or dark brown urine or red or tarry-black stools
- Vomiting, diarrhea, infection, or fever
- Pain or swelling
- Dizziness, trouble breathing, chest pain, or weakness

AN IMPORTANT REMINDER

DO NOT SKIP testing appointments. **DO NOT HAVE YOUR BLOOD DRAWN ON A FRIDAY!!** This blood test is important. We will use this test to monitor the therapeutic effect of Coumadin in your blood and make adjustment to your dosage as needed. If you cannot comply with the recommended blood testing for your Coumadin, then we may no longer prescribe this medication for you and may consider stopping it.

If you have any questions about your Coumadin therapy, please ask your physician (732-458-6200).

Patient signature

Date