



## What You Need To Know About

# Warfarin (Coumadin)

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**Your doctor has ordered Warfarin (Coumadin) for you. This is a "blood thinner". It lowers the blood's ability to make clots.**

### Call us if you:



- begin to bleed from your gums, mouth, or nose.
- see blood in your urine or stool.
- notice bruises that you can't explain.
- have more than usual menstrual bleeding.
- now have headaches.
- get dizzy.
- have chest pain.
- get short of breath.
- get weak or fall.
- become pregnant.



### AVOID

- alcohol.
- Aspirin (unless prescribed)
- over the counter pain pills.
- Pepto Bismol.
- herbal products from health food stores.



### LIMIT

- green leafy vegetables such as lettuce, spinach, and greens.  
(It is best to keep your diet consistent).

**If you forget to take a dose,  
DO NOT double up the next day!!!**

You will need regular blood tests and visits to the Protime clinic to monitor treatment. Keep your clinic and lab appointments. Let your other health care providers know that you are taking Warfarin (Coumadin).

If you have any questions about your treatment or if you need an appointment, call the Protime Clinic at (214) 857-1943 or toll free at 1-800-742-8387, extension 71943 and leave a message.