

COUMADIN (WARFARIN)

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Take Coumadin at the same time every day. If you forget to take a pill for one day, let your doctor know. **DO NOT TAKE ANOTHER PILL TO "CATCH UP"**.



HAVE YOUR BLOOD TESTED

Coumadin is used to prevent harmful blood clots from forming. These clots may lead to more serious conditions.

- ✓ It is important that you have a blood test for your INR.
- ✓ Your INR allows your doctor to track your Coumadin therapy, to adjust your dosage, and to know if you might be at risk for bleeding.



REPORT ANY PROBLEMS

Call your doctor or nurse right away if you have:

- Fever, vomiting, diarrhea, or infection.
- Pain, swelling, and discomfort.
- Headache, dizziness, trouble breathing, chest pain, and weakness.
- Prolonged bleeding from cuts, and nosebleeds.
- Unusual bleeding from gums when you are brushing your teeth.
- Coughing, vomiting with blood or coffee grinds-like material.
- Increased menstrual flow or vaginal bleeding.
- Red or dark brown urine.
- Red or tarry-black stools.
- Unusual bruise
- Pregnancy or planned pregnancy

Call your doctor right away if you have a serious fall or trauma.



KEEP YOUR DIET CONSISTENT

Warfarin interacts with Vitamin K in your diet. Eat the same amount of dark green leafy vegetables every week. Do not eat a lot of vegetables one week, and then eat none at all the next week. As long as you maintain a consistent amount of Vitamin K in your diet, the Coumadin will balance with it.

You should try to eat the same amount of these foods every week.

- **Vegetables HIGH in Vitamin K:**
Cabbage, broccoli, spinach, brussels sprout, mustard green, kale, cauliflower, bok choy, ong choy, watercress, turnip green, lettuce, asparagus, and Chinese broccoli
- **Vegetables LOW in Vitamin K:**
Green bean, potato, carrot, peas, celery, corn, eggplant, pepper, and zucchini

- ☑ Discuss any new medications or vitamins with your doctor and pharmacist. Talk to your doctor before starting, changing, or discontinuing any medications or vitamins.
- ☑ Avoid drinking too much alcohol. Do not drink more than 24oz beer, 8oz wine, or 3oz hard liquor each day.
- ☑ Tell your doctor as soon as possible if you are having any surgery or procedure. You may need to stop or change the dose of your Coumadin prior to the procedure.
- ☑ Always tell your doctor, dentist, pharmacist, or nurse that you are taking Coumadin.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

每天在同一時間服用 Coumadin。如果您某天忘記服用，請告訴您的醫生。**切勿加服藥片來「彌補」。**



驗血

Coumadin 用於防止產生有害的凝血。有害的血塊可能會加重病情。

- ✓ 一個 INR 血液化驗是非常重要的。
- ✓ 您的 INR 數值能讓您的醫生監測您的 Coumadin 療法，調整您服藥的劑量，以及了解您是否有流血的風險。



報告任何問題

如有以下任何症狀，請致電您的醫生或護士：

- 發燒、嘔吐、腹瀉或感染
- 疼痛、紅腫或不適
- 頭痛、頭暈、呼吸困難、胸口疼痛、體力不支
- 傷口或鼻子難以止血
- 刷牙時不尋常的牙齦流血
- 咳出 / 吐出血或咖啡碎末狀的物質
- 經血流量增加或陰道出血
- 尿液呈紅色或深棕色
- 糞便呈紅色或焦黑柏油狀
- 原因不明的瘀青
- 懷孕或計劃懷孕

如果您有嚴重的摔傷或其他外傷，請立即致電您的醫生。



保持一致的膳食

Warfarin 會與膳食中的維他命 K 發生反應。每週應食用相同份量的深色綠葉蔬菜。避免一週食用很多蔬菜，下一週則完全不食用。只要在膳食中保持一致的維他命 K 含量，Coumadin 就會與之平衡。

對於以下食物，每週應該儘量食用相同的份量。

- 含大量維他命 K 的蔬菜：
捲心菜（椰菜）、西蘭花、菠菜、甘藍 (Brussels sprout)、芥菜、羽衣甘藍(Kale)、菜花、白菜、蕓菜、西洋菜、蘿蔔菜、生菜、蘆筍、芥蘭
- 含少量維他命 K 的蔬菜：
四季豆、馬鈴薯(土豆)、胡蘿蔔、豌豆、芹菜、玉米、茄子、辣椒、義大利瓜 (Zucchini)

- ☑ 請與醫生及藥劑師商討任何您將要服用的藥物或維他命。開始、轉換或停止服用任何藥物或維他命前，請諮詢您的醫生。
- ☑ 如果您將會進行任何手術，請儘快告訴您的醫生。手術前，您可能需要停止服用或改變服用 Coumadin 的劑量。
- ☑ 避免飲用過量酒精。每天不要飲用超過 24 安士啤酒、8 安士葡萄酒或 3 安士烈酒。
- ☑ 記住要告訴您的醫生、牙醫、藥劑師或護士您正在服用 Coumadin。

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