



Patient Education

Coumadin: Important Safety Points

For more information, visit AustinRegionalClinic.com.

Below are some important safety points to be aware of while taking Coumadin (warfarin):

- This medication may cause you to bleed easily
- Keep your scheduled Nurse Visits for INR (International Normalized Ratio) testing
- Wear a Medic-Alert identification bracelet or necklace and consider a life-line pendant if you live alone
- Carry a completed medical alert history card in wallet
- Inform all doctors, dentists or any healthcare provider about Coumadin usage
- Avoid alcohol
- Guard against the risk of accidents:
 - Wear shoes or non-skid slippers while in the house
 - Wear closed toe footwear when working outside
 - Wear gloves for woodworking, gardening or similar activities
 - Use an electric razor to shave
 - Use a soft bristle toothbrush
 - Place knives and forks point down in the dishwasher
 - Floss with waxed floss rather than unwaxed floss
 - Take care when using sharp objects such as knives or scissors
 - Avoid activities that have a risk of falling or injury (e.g. contact sports)
 - Clear stairways or books, papers, shoes or other clutter
 - Use nightlights to illuminate walkways to bathrooms
 - Use handrails and contact take on all tubs and showers
- **Do NOT** double up the next days' dose to make up for a missed day's dose. If you miss a days' dose, call your Coumadin nurse and let them know.
- Make taking your medication a part of your daily routine for consistency (for example: with an evening meal, after brushing your teeth, etc.)
- It is not necessary to take the pill at a special time, as long as it is taken at the same time each day
- However, it is recommended to *take it in the evening* so that on the days blood work is performed, the dosage can be changed if necessary
- It is not necessary to take the dose with a meal

For more information, visit our website or call us.

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