



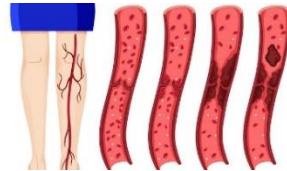
## Warfarin

## What is a Blood Clot?



It occurs when a layer of skin is cut, blood flows from the damaged vessels, therefore, the wound coagulates and prevents excessive bleeding.

However, when the wound does not coagulate, clotting occurs in the arteries and veins, and this process is called **Blood Clot**, and if such happens, you must immediately treat it.



## What is an Anticoagulant?

It is a medicine that prevents and treats any clot by decreasing the blood's ability to clot.



1mg



3mg



5mg

Anticoagulant slows the clotting process, however, if the blood is no longer able to clot at all, bleeding occurs.

To take the anticoagulant in a safe way and protect against bleeding, you must do a blood test to find out the effectiveness of the drug and blood's fluidity level. Therefore, your physician can prescribe the appropriate dose to you.



## Blood Test

While you are taking warfarin, your physician will ask you to have a regular blood fluidity test. This test shows how long it takes for the blood to clot (the

normal range for this test for people who are not taking this medication is about 1).

The more fluidity the blood has, the longer it takes for the blood to clot. The closer the blood fluidity ratio is to 1, the more normal the blood becomes.

**Remember:**

1. Perform the test every time your physician asks you to do so.
2. You will be notified of the results and the exact doses by phone on the same day of the test. In case you did not receive a call by 4:30 pm, please contact your home care nurse.
3. Write down the test result on the measurement sheet.



## Taking Warfarin Tablets



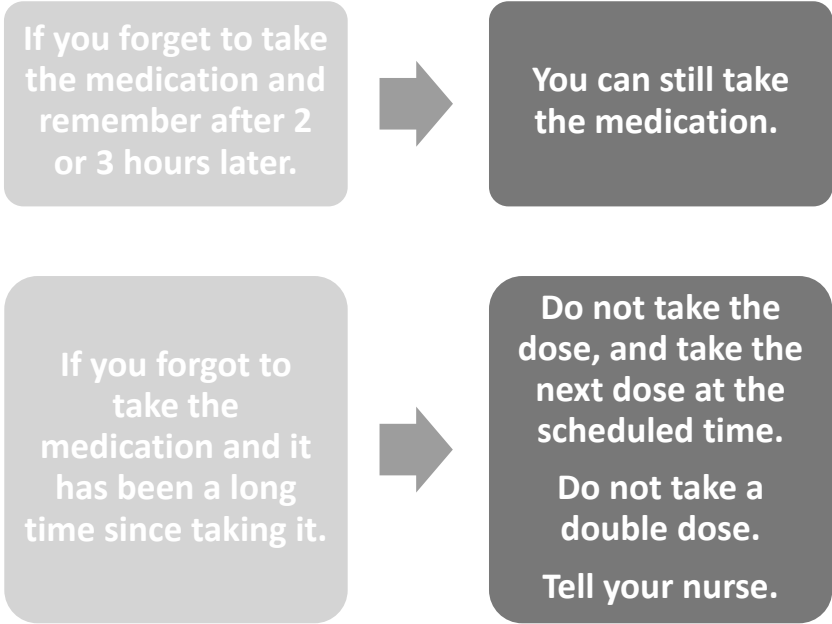
### The Dose

- You must take the tablets daily at the same time as your physician tells you.
- You can take Warfarin tablets before, during or after eating.

To avoid forgetting doses, write down when you take your medication and don't rely on your memory.



## When you Missed a Does



## Changes in Blood Fluidity

Various things may affect how well the medication works in the blood:	Taking other medication.
	Your Diet.
	Having another disease.

- Tell your physician if anything happens to you or if there is any significant change.
- Changes often happen after you leave the hospital and go home, or when you're on vacation.
- Make sure to book an appointment for a blood test shortly after leaving the hospital.

## Taking Other Medication



When you are taking other medication, their effect may interfere with the effect of warfarin and affect blood fluidity, so remember the following:

1. Before you take any medication prescribed by a physician or purchased from a pharmacy, you must consult the specialized physician who determines the doses of warfarin for you.
2. It is necessary to consult your physician or pharmacist before taking common medication such as aspirin, other pain relievers, ointments, cough and cold medication, some gastric medication, laxatives, vitamins that contain vitamin K, or medicinal herbs.



3. If you are using birth control pills, consult your physician before taking them, as they may affect the effect of warfarin.

## Your Diet

It is very important to have a varied and balanced diet to



stay healthy and active. This includes eating amounts of the following:

Few of:	Reasonable amount of:	A lot of:
<ul style="list-style-type: none"><li>• Sugar</li><li>• Fats</li></ul>	<ul style="list-style-type: none"><li>• Milk</li><li>• Cheeses</li><li>• Yogurt</li><li>• Lean meat</li><li>• Poultry</li><li>• Fish</li><li>• Legumes</li><li>• Nuts</li><li>• Eggs</li></ul>	<ul style="list-style-type: none"><li>• Bread</li><li>• Cereal</li><li>• Fruits</li><li>• Vegetables</li></ul>

## While Taking the Medication:

- Maintain a healthy, balanced, and consistent diet.
- Talk to your physician in the event of any obvious changes, as the physician may adjust the dose of the medication in proportion to your lifestyle and the pattern of food that you eat.
- Maintain the percentage of vitamin (K) you eat.
  - The effect of warfarin is affected by vitamin K. The presence of a large amount of vitamin K in your diet may have an effect on the medication effectiveness and significantly reduces blood fluidity. However, this does not mean that you should abstain from those foods that



contain vitamin K, such as green leafy vegetables, broccoli, parsley, etc., but eat a small amount of them.



## Vitamins and Herbal Remedies

- If you are taking dietary supplements, check if they contain vitamin K as dietary supplements often contain substances that disrupt the level of the blood fluidity by increasing the risk of bleeding or clotting.
- Discuss with your physician about the dietary supplements before taking them. If the physician decides that these supplements are suitable for your health, then you must take them regularly daily to maintain the stability of blood fluidity.

- Tell your physician if you stop taking any supplements, as such may affect the blood fluidity.

## **Other things that should be taken into account during the course of treatment:**

### **Take exactly the dose prescribed for you.**

Take the exact dose of warfarin your physician has prescribed. Do not stop taking it or change doses unless your physician asks you to do so.

### **Tell your other physicians and dentists.**

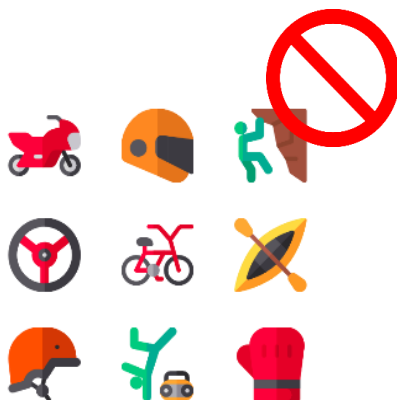
Before you have any surgery, treatment or dental treatment, make sure to tell the physicians that you are taking warfarin. This includes emergency treatment after an injury.

Also, tell the physician who is supervising the anticoagulant medication.

**Consult your physician before performing any activity that may cause bleeding.**



Remember that you will be more likely to bleed as you are taking warfarin. So consult your physician before doing any sporting activities, and avoid situations that put you at risk of injury.





### **Pregnancy should be avoided:**

Warfarin can adversely affect the fetus.

Women who are expecting to have children should discuss the potential risks and things that can reduce these risks with their physicians.

However, there are no reports indicating the harm of this medication to the sperm of men who take warfarin, and thus the effect on the fetus.

### **Consult your Physician before Travelling or Taking Trips:**

- Contact your physician before any trip, and when you travel, try to keep your diet and activity level as normal as possible.

- You may need laboratory tests while abroad. Ensure that the information on the leaflet is kept up to date and take this leaflet with you.
- If you consult other physicians while abroad, tell them that you are taking warfarin. Make sure you take enough warfarin tablets for the entire trip.



It is recommended to change some permanent activities to reduce the chances of having problems, and here are some changes that can be taken into consideration:

- Using a non-slip bathtub while showering.
- Using a soft toothbrush.

- Using gloves while gardening, and keep a clean pad in case you scratch yourself and start bleeding.
- Using an electric shaver while shaving.







### Precautions to Minimize Problems when Bleeding or Bruising Occurs:

The recommended doses of warfarin are only anticoagulants, meaning that they prevent abnormal clotting. However, they do not prevent severe bleeding.

People who do not take warfarin can overlook the minor bleeding that occurs from time to time, such as a minor nosebleed. However, if such happens to those who are taking warfarin, this requires some precautions.



So, it is important to pay attention to some signs:

Obvious Bleeding	Less Visible Bleeding
<p>There are some indications that you can notice when you are taking warfarin, which are:</p> <ul style="list-style-type: none"><li>• The wound  continues to bleed for a long time.</li><li>• Occasional  nosebleeds.</li><li>• Heavy bleeding during menstruation or vaginal bleeding.</li><li>• Bleeding gums </li></ul>	<p><b>Sometimes you can't infer bleeding but you still notice it, such as:</b></p> <ul style="list-style-type: none"><li>• <b>Dark or brown urine.</b></li><li>• <b>Dark or black stools.</b></li></ul> 

## Bruises

Bruising happens when bleeding occurs under the skin. If you notice bruising for no reason or in an abnormal way, inform your physician immediately.



### Important Precautions:

- When you continue to take this medication, it is very important to note the indications that we talked about.
- Contact your physician immediately if you notice any of these signs or if you experience any problem.
- Remember that the purpose of this leaflet and the treatment program recommended for you is to help you live a normal life.

- Follow your physician's instructions carefully and remember that following these instructions precisely will reduce the risk of complications.
- Contact your physician if you encounter any problem and tell him immediately so that the problem can be treated effectively.
- When you receive the medication from the pharmacist, you must check it before leaving the pharmacy. Furthermore, understanding the prescribed medication, how to store it, and comparing the medication with the prescription accurately, each medication separately.

**If you have any questions, please ask your  
physician or pharmacist.**

**Home Health Care Administration**

**0112889999 Ext.28888 From (7:00 a.m-4:  
00p.m)**

**Or call the 24-hour Nursing Department**

**0539417811**

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

**Home Health Care Administration**

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