



Patient Education

Introduction to Coumadin Therapy

For more information, visit AustinRegionalClinic.com.

Welcome to the Coumadin Clinic at Austin Regional Clinic. Your doctor has recommended that you work with our Coumadin nurse to help manage your medication. The Coumadin Nurse will work closely with you to make dosing adjustments as needed.

We hope this education packet will help answer frequently asked questions and provide helpful tips about taking Coumadin.

What is Coumadin?

- Coumadin (warfarin) is an anticoagulant medication, commonly known as a “blood thinner”.
- It reduces the formation of blood clots by blocking the formation of certain clotting factors.
- It helps in the prevention of stroke, heart attack, and other clot related conditions in patients with certain risk factors.

How can the Coumadin Nurse help you? The Coumadin Nurse will:

- Help you understand why you are taking Coumadin and how to take it.
- Monitor your blood work to help ensure you are taking an effective dose of the medication to protect against clotting problems.
- Make dosing changes, as needed, and communicate with your doctor.
- Provide education about how changes in your diet, health, and lifestyle may affect your Coumadin dose.

What should you expect during your visits with the Coumadin Nurse?

- The nurse will perform a “finger stick” to get a small amount of blood, which will be used to measure your INR blood level (International Normalized Ratio).
- The nurse will review your INR level and discuss any changes, if needed, to your Coumadin dose.
- The nurse will also discuss any changes in your diet, medications, health or lifestyle which may affect your Coumadin level.
- You will be given a calendar to help you remember any changes in your Coumadin dose.

How often do I need to see the Coumadin Nurse?

- You will return, usually within 1 week of starting your Coumadin therapy.
- You may need to see the Nurse more frequently when you start therapy or if your dose needs adjustment based on your INR result.
- Once your Coumadin levels are stable, you will return to the clinic as indicated by the Coumadin Nurse.

For more information, visit our website or call us.

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If you experience any of the following, seek immediate attention by going to the Emergency Room or calling 911:

- Prolonged bleeding from a cut or nosebleed
- Red or orange urine
- Black, tarry stool or blood in the stool
- Vomiting material that looks like wet coffee grounds

It's important to get your INR checked regularly to ensure you are on the right dose to prevent clots.

Thank you for entrusting Austin Regional Clinic with your health. We look forward to working with you and your doctor. Please contact us with any questions you may have.

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