



Patient Education

# Coumadin: Important Safety Points

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## 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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