


Taking Charge of My Warfarin

 I will talk to the doctor who manages my warfarin (also called Coumadin[®], Jantoven[®]) if I:

- **START** any new prescription drug(s) or over-the-counter product(s), including vitamins and supplements
- **STOP** any prescription drug(s) or over-the-counter product(s)
- **CHANGE** the dose of any prescription drug(s) or over-the-counter product(s) that I already I take or have a major change in the foods I eat (high vitamin K-content foods)
- **EXPERIENCE bothersome bleeding**, such as:
 - Gums that won't stop bleeding
 - Severe bruises or bruises that appear for no reason


 When I call my doctor's office I will say:

1. **My name is** (state your name).
2. **The doctor who prescribed my warfarin is** (state your doctor's name).
3. **I was told to call when any of my medications change or if I have noticed bleeding.**
4. **I am calling to tell you** (describe bleeding or change to medications).
5. **Does the doctor have any new instructions for me?** (Write down and follow any new instructions.)

I will seek immediate medical attention from my doctor, the emergency room, or 911 if I notice:

 **Serious bleeding** I can see, including:

- Vomit that shows blood or looks like coffee grounds
- Stool or bowel movements that show blood or are very dark and tar-like
- Urine that is pink, red, or unusually dark
- Phlegm (mucus) that shows blood

 **Major changes** in how I feel, including those resulting from:

- Severe abdominal pain
- Headaches that are severe or won't go away
- Confusion or decreased alertness
- Dizziness or lightheadedness
- A serious fall or hitting my head

The doctor who manages my warfarin is:

My doctor's phone number is:

(____) ____-_____



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