

Anticoagulation with Warfarin (*Coumadin*)

WHY IS ANTICOAGULATION (BLOOD THINNER) SO IMPORTANT?



1. Strokes cause a **20% ↓ in survival** of pediatric patients with a ventricular assist device
2. Anticoagulation (Warfarin) **helps prevent blood clots**
3. Blood clots in the brain can **cause strokes**

CAUSES FOR LOW INR* (THICK BLOOD)



Missed doses of Warfarin

New medications

An increase in food or drink
containing Vitamin K**



A large increase in exercise

CAUSES FOR HIGH INR* (THIN BLOOD)



New medications

Prolonged vomiting/diarrhea**

Prolonged inability to eat**



Increased alcohol consumption



WHEN TO CONTACT YOUR CARE TEAM



Prolonged nausea, vomiting, or diarrhea**

Prolonged inability to eat/drink or take medicine**



Any change in medicines

including antibiotics, vitamins, supplements or any other over the counter medicines

Continued oozing or bleeding from a minor cut

Excessive nosebleeds, gum bleeding, bruising

Pink, red, or dark brown urine






Heavy bleeding with menstrual period



***Discuss with your care team*

Anticoagulation with Warfarin (*Coumadin*) *continued*

WARFARIN (COUMADIN) TABLET IDENTIFICATION

Pink	Lavender <i>light purple</i>	Green	Tan	Blue	Peach <i>light orange</i>	Teal <i>blue-green</i>	Yellow	White
								
1 mg	2 mg	2.5 mg	3 mg	4 mg	5 mg	6 mg	7.5 mg	10 mg

All Warfarin tablets (no matter the brand name) have a color and shape that indicate their strength, or how many milligrams (mg) are in each tablet. There may be frequent changes in your Warfarin dosing, please be familiar with your dose's tablet color and shape. Contact your care team ahead of time if you need refills on medicine so you don't miss taking any of your doses.

VITAMIN K RICH FOODS

A **consistent** diet is very important while taking Warfarin.

Vitamin K interacts with Warfarin and can cause changes in the INR level. Below are some examples of vitamin K rich foods from high to low to be mindful of while on the medicine. Foods with high to medium amounts of Vitamin K will interact with Warfarin the most.

