

# Warfarin



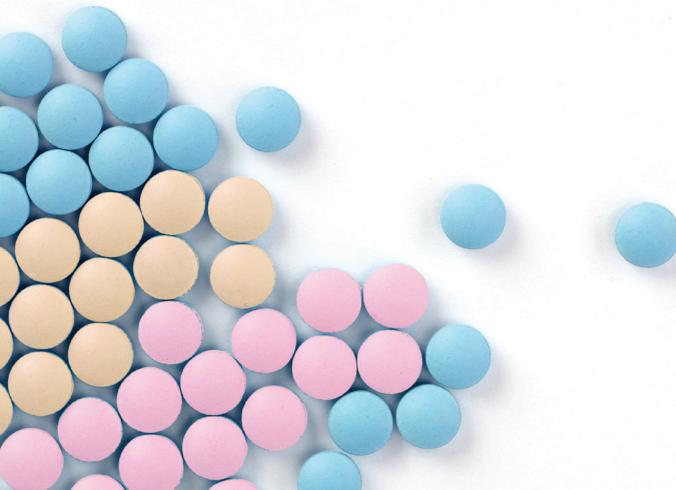
# What is Warfarin?

Warfarin is an anticoagulant, sometimes called a “blood thinner”. It prevents blood clots from forming and also prevents existing clots in the blood vessels from getting bigger.

There are different brands of Warfarin available in the market (e.g. Marevan<sup>®</sup>, Coumadin<sup>®</sup>). Do not switch brands because this may affect the control of Warfarin therapy. JurongHealth is only keeping Marevan<sup>®</sup> and the table below shows the strength and description of these tablets.

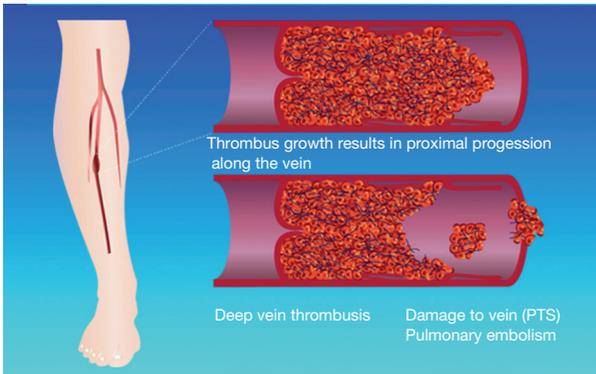
Strength (mg)	Colour
1	Light Brown
3	Light Blue
5	Pink

Please ensure you keep sufficient Warfarin supply at all times, especially if you intend to travel.



# Why am I taking Warfarin?

You may be prescribed Warfarin by your doctor because you have clots in your blood vessels, or have a condition that increases the likelihood of clots forming in your blood vessels. Your doctor may want to reduce the clotting ability of your blood to prevent complications like a stroke or heart attack later on. You should find out from your doctor or pharmacist why your blood clots easily and how long you need to take Warfarin to monitor your condition.



Venous thrombosis: pathogenesis and clinical consequences



Red thrombus in lumen of vein

# How should I take this medicine?

Follow carefully the directions on the medicine label and take the number of tablets prescribed. Take them at a regular time, once a day. It is important that you do not miss a dose.

# What if I miss a dose?

If you do miss a dose, take it as soon as you remember and if it is within eight hours of the prescribed time. If the time has lapsed (more than eight hours has passed), skip the dose and take it at the same time the next day. Do not take double doses unless your doctor or pharmacist tells you to. Record all the doses you have missed and inform your doctor or pharmacist at your next appointment.

## What do I need to do while I'm on Warfarin?

Visit your doctor or pharmacist for regular checks on your blood. Frequent blood tests may be required initially to determine a suitable dose for you. Your dose is adjusted according to the desired International Normalised Ratio (INR), which is the indicator of one's clotting ability.

Your desired INR range is:

Inform your doctor at your next appointment of any illnesses, hospitalisation or changes in your medication(s).

You should also alert your dentist that you are on Warfarin.



# Do I need to avoid certain foods/drugs while I am on Warfarin?

Eat a normal balanced diet while you are on Warfarin. Avoid making any major changes to your diet without consulting your doctor or pharmacist. Avoid changes in the intake of foods rich in Vitamin K such as soybean products (e.g. tauhu) green tea, and the following vegetables: broccoli, spinach, brussel sprouts, cauliflower or chickpeas, as it may change your INR significantly. Try to maintain the same amount you eat every week.

Avoid excessive alcohol consumption. It is advisable you do not drink more than five cans of beer or one bottle of wine per week.

Avoid any form of traditional, herbal remedies or over-the-counter supplements (e.g. ginkgo, garlic and ginseng) as the effect of these on Warfarin is unpredictable.



Do not **START** or **STOP** taking any medication without first consulting your doctor or pharmacist. Certain medications (e.g. painkillers, antibiotic, and hormones pills) may have an effect on Warfarin.



# What side effects will I notice from taking Warfarin?

Serious effects of Warfarin overdose include:

- Blood in urine, cloudy or dark urine
- Black, sticky/gluey stools
- Heavy menstrual bleeding (for women)
- Unusual bruising or bleeding from gums and/or nose; when you cough, red spots on the skin

Blood clots may recur if your Warfarin dosage is low. The symptoms of clots include:

- Sudden unexplained pain in the legs, with swelling, warmth, or redness
- Shortness of breath or chest pain
- Sudden severe headache or dizziness
- Numbness or weakness in the hands and feet on one side of the body

# Do I need to make any major lifestyle changes?

No. However be careful when you handle razors or sharp objects. Try to avoid contact sports or other activities that could cause you to be injured, or bleed excessively.

**Inform your doctor or visit the Emergency Department as soon as possible if you notice any of these symptoms.**



## Where should I keep my medicine?

Keep it out of reach of children in a container and at room temperature. Do not store in the fridge. Protect from light.

## In summary - what you need to know about Warfarin

- Take Warfarin once daily at the same time each day.
- If you visit another doctor, dentist or pharmacist, inform them that you are on Warfarin.
- Do not start or stop taking any medication without consulting your doctor or pharmacist.
- Avoid activities that could cause injury or cuts when you are on Warfarin. Pay special attention to the brushing and flossing of your teeth. Report any injuries, bruises, or red spots on your skin to your doctor.
- If you are female and intend to get pregnant, please inform your doctor before taking Warfarin as it could affect your foetus.



## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21,  
Singapore 609606  
General enquiries: 6716 2000 Fax: 6716 5500  
www.ntfgh.com.sg  
www.jch.com.sg

#### Clinic opening hours

Monday – Friday 8.30am – 5.30pm,  
Saturday 8.30am – 12.30pm

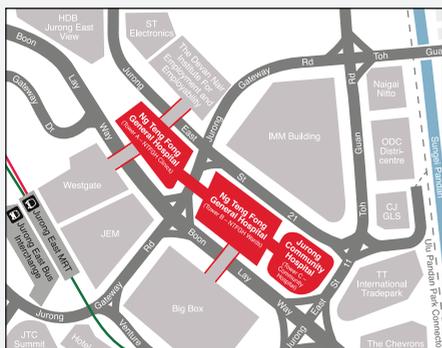
Dental Clinic:

Monday – Thursday: 8.00am – 5.30pm  
Friday: 8.00am – 5.00pm

#### Appointments

Appointment line: 6716 2222  
Dental appointment line: 6716 2233

#### Getting there



#### By train

Jurong East MRT Station

#### By bus

##### From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79,  
79A, 97, 97E, 98, 98M, 105, 143, 143M,  
160, 183, 183B, 197, 333, 334, 335, 506

##### Along Boon Lay Way

99, Private bus service 625, 990

### Jurong Medical Centre

60 Jurong West Central 3,  
Singapore 648346  
General enquiries: 6551 7888 Fax: 6551 7880  
www.jmc.com.sg

#### Clinic opening hours

Monday – Friday 8.00am – 5.30pm,  
Saturday, Sunday & Public Holiday: Closed

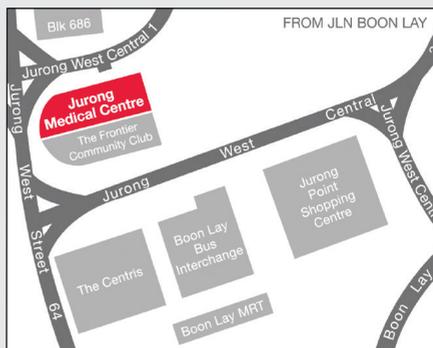
Dental Clinic:

Monday – Thursday: 8.00am – 5.30pm  
Friday: 8.00am – 5.00pm

#### Appointments

Appointment line: 6716 2222  
Dental appointment line: 6716 2233

#### Getting there



#### By train

Boon Lay MRT station

#### By bus

30, 79, 154, 157, 172, 174, 178, 179,  
180, 181, 182, 187, 192, 193, 194, 198,  
199, 240, 241, 242, 243 W/G, 246, 249,  
251, 252, 254, 255, 257, 405

#### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.