FAIRVIEW PHARMACY — EST. 1978

Taking warfarin safely

Coumadin, Jantoven · blood thinner with INR blood tests

3 MISTAKES TO AVOID

1. **Skipping your INR blood tests**
   Your dose is adjusted from your INR. Never change it on your own.
2. **Big swings in your diet**
   Keep your vitamin K about the same. You don't have to give up greens.
3. **Starting or stopping a medicine without checking**
   Many medicines and herbs change your INR or bleeding risk.

How to take it (mistake #1)

- **Keep every INR test.** It checks how fast your blood clots, so your provider can keep you in your target range.
- **Follow your newest instructions**, not an old bottle. Never change your dose on your own.
- **Missed a dose?** Take it as soon as you can on the same day, and call your provider. Never take a double dose the next day.

Food (mistake #2)

- Leafy greens and some vegetable oils have vitamin K. Too much lowers warfarin's effect.
- **Eat a normal, balanced diet** and keep vitamin K about the same. Talk to your provider before big diet changes.
- Sick with diarrhea, an infection or a fever? Call your provider.

Check first (mistake #3)

- Antibiotics, antifungals, aspirin, clopidogrel, ibuprofen, naproxen, some depression medicines, and herbs like garlic, ginkgo, ginseng, St. John's wort and coenzyme Q10.

EMERGENCY: CALL 911
Bleeding that is severe, or that you cannot stop.

Call your provider right away for

- Unusual bruising, nosebleeds, bleeding gums
- Pink or brown urine; red or black stools
- Coughing up blood, or vomit that looks like coffee grounds
- Headaches, dizziness or weakness
- Painful toes that turn purple or dark
- A fall or a hit to the head

IMPORTANT
Warfarin can cause birth defects. Unless you have a mechanical heart valve, don't take it while pregnant. If you could become pregnant, use effective birth control during treatment and for at least 1 month after your last dose.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

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Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information and Medication Guide for warfarin sodium tablets (DailyMed 5/2026).

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