



جامعة الإمام عبد الرحمن بن فيصل
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Warfarin



What is warfarin?

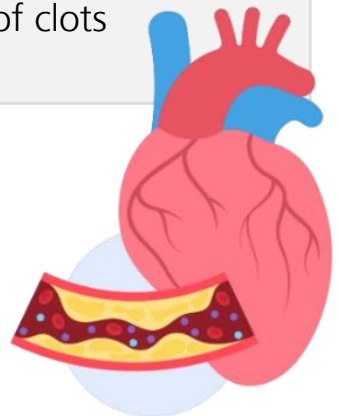
- Warfarin is a blood thinner used to prevent clots in patients with certain conditions that increase the risk of clots, such as vascular and heart diseases.
- Despite the effectiveness of this drug, its use may be accompanied by some risks, such as bleeding, which require caution in use and close follow-up with the treating physician.
- This educational material will help you understand the most important information about this drug.



What are the indications and contraindications for using warfarin?

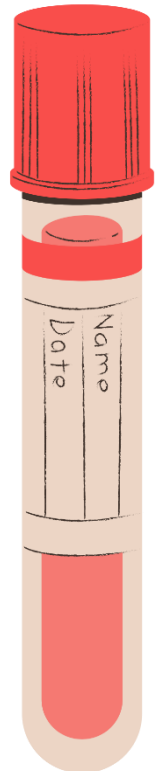
Some patients with vascular and heart diseases have a high susceptibility to blood clots. When these clots increase in size or move to other parts of the body, they may cause blockages in the vessels, resulting in serious damage to these parts. For example, a person suffers a stroke if the blockage cuts off blood flow to parts of the brain, or a person suffers from pulmonary embolism if the clot prevents blood flow to the lungs.

To reduce clots, your doctor may prescribe this medication, which increases blood fluidity and prevents or reduces the occurrence of clots



How do I use warfarin?

- The level of fluidity in the blood will be monitored by performing a blood test called (INR) one day before your appointment at the clinic. You do not need to be fasting to perform this test.
- The level of fluidity in a normal person is approximately 1.
- Based on the value of this test, the doctor adjusts the dose to maintain the required INR level.
- By giving you warfarin, the doctor seeks to increase the fluidity level to 2-3 or 2.5-3.5 depending on the type of disease.



How do I use warfarin?

- You must be careful to perform a fluidity level test periodically according to the doctor's instructions.
- You will be asked to do this test *weekly* when you start using warfarin and then *every month* or more after that to determine the appropriate dose, as it may vary from one period to another depending on the level of fluidity.

Are there any differences in the manufacturers of warfarin?

- Warfarin may be dispensed to you from another hospital or pharmacy under a different trade name and in different colors than the usual use, as each manufacturer has its own trade name and packaging.

Are there any differences in the manufacturers of warfarin?

- Although all manufacturers contain the same medicine, the effect may vary in a way that forces you to re-check the INR and adjust the dose again
- You should avoid using warfarin from different manufacturers and should be satisfied with the product dispensed to you from our hospital except in cases of necessity such as the unavailability of the medicine or losing it while traveling and the like. In this case, please contact us as soon as possible to give you the necessary instructions

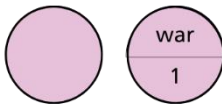
This medicine should be taken at the same time each day.

Take the tablet whole with a glass of water.

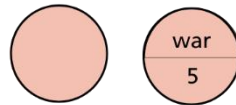


What should I do if I miss a dose or take an overdose?

- In case of forgetting a dose or taking more or less than the prescribed dose, the medication should be taken the next day at the same time. You should also inform your doctor at the next appointment.
- In case of taking an overdose that greatly exceeds the prescribed dose, such as double the dose, for example, you should contact your doctor as soon as possible.



The color of the 1 mg concentrate is pink.



The color of the 5 mg concentrate is orange



Drug concentration is shaded in yellow



Drug concentration is shaded in purple

What does affect blood fluidity?

There are several factors that may affect the level of blood fluidity, the most important of which are interactions with other medications and some foods.

- To avoid sudden changes in the fluidity ratio, you should avoid using any medicines or herbal preparations without consulting a doctor or pharmacist.
- You should also inform the pharmacist when purchasing any medicine without a prescription to advise you about the possibility of its interaction with warfarin.



What affects blood fluidity?

There are many types of food that affect blood fluidity because they contain high amounts of vitamin K, which weakens the effect of warfarin. Therefore, it is recommended not to eat too much of them and to eat them regularly. These types of food are as follows:

- Leafy vegetables (spinach, molokhia, cabbage, parsley, green turnips, broccoli).
- Liver, green tea, oats.
- Chickpeas, wheat bran, avocado.
- Blue cheese and very ripe (aged) cheese.
- Olive oil.



What affects blood fluidity?

- Cranberry juice has a severe effect on blood fluidity, so it should be avoided.
- Alcoholic beverages increase the effect of warfarin and increase blood fluidity, so they should be avoided, whether on a permanent or intermittent basis.



Should I stop taking warfarin while pregnant and breastfeeding?

- Pregnancy:

Warfarin should be stopped after the sixth week of pregnancy because it may cause birth defects in the fetus.

Pregnant women should visit their clinic to choose a suitable alternative during pregnancy.

- Breastfeeding:

Warfarin can be used safely during breastfeeding without causing complications for the child because it is not excreted in milk.



What are the risks of warfarin?

Like other medications, warfarin has some risks, the most important of which is **bleeding**. Maintaining blood fluidity at the required level avoids the risk of bleeding, but warfarin users will notice a long bleeding period when exposed to wounds.

Serious injuries may also lead to severe bleeding and loss of large amounts of blood, and patients with stomach ulcers may suffer from stomach bleeding if the fluidity level is high or there is a lack of commitment to using ulcer treatments.

Note: The patient's knowledge of how these risks appear helps avoid them or discover them early if they occur.



What are the signs of high liquidity?

If these symptoms persist or recur, you should go immediately to the emergency room to perform the necessary tests:

- Bleeding from the nose (epistaxis) or gums
- Dark spots on the skin in different areas of the body without any reason.
- Change in the color of urine to red or change in the color of stool to dark red or black.
- Continuous bleeding from a deep wound that is difficult to control.
- For women, the amount of blood may increase during the menstrual cycle and this does not require concern or stopping treatment.



When should I see a doctor?

If you experience signs of bleeding or a stroke, you should see a doctor. A severe fall or head injury, especially if you feel a headache, fatigue, or drowsiness, also requires you to see a doctor to ensure that you are not suffering from internal bleeding.



Resources and references:

All pictures used from Canva.com

Review and Audit:

The content of this booklet has been written and reviewed by
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Department of Pharmacy Services

Health Awareness Unit

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