

These Complimentary and Alternative Medicines MAY INTERACT with WARFARIN and should be avoided:

Cod Liver Oil	Devils Claw
Garlic Capsules	Green Tea
Glucosamine with Chondroitin	Feverfew
Fish Oils	Ginger
Selenium + ACE	Horse-chestnut
Ginko Bilboa	St John's Wort
Vitamin E	Willow
Ginseng	

The following used compounds DO NOT appear to INTERACT with WARFARIN:

Multivitamin	Echinacea
Vitamin C	Calcium supplements
Glucosamine	Vitamin B
Evening Primrose Oil	Zinc
Arnica	Ferrous Sulphate
Other (including Milk Thistle, Aloe Vera, Probiotics)	

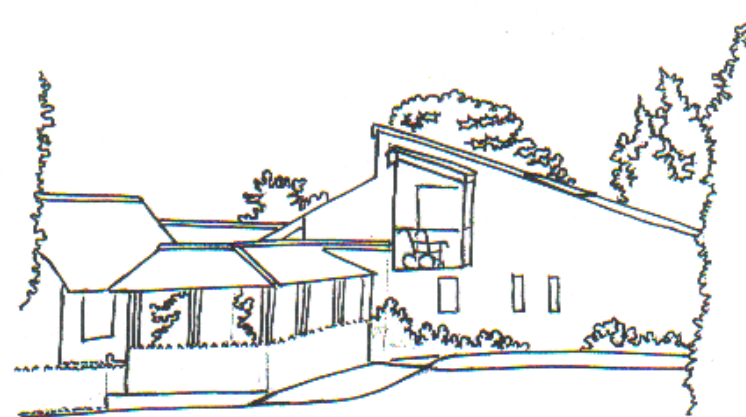


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**INFORMATION FOR PATIENTS
ON WARFARIN THERAPY
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS**

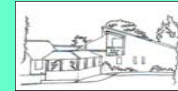


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- ◆ WARFARIN is an anticoagulant (blood thinning) drug taken by mouth. INR means International normalised Ratio'. This is the standard blood test taken which will determine your Warfarin dose.
- ◆ Warfarin is supplied in 5mg pink tablets, 3mg blue tablets and 1mg brown tablets. Warfarin tablets will always be prescribed in mgs and not numbers of Warfarin tablets. Warfarin is to be taken in the evening about 6pm. If you forget to take your Warfarin tablets, you can take them up to 12 midnight. However, after midnight do not take them but carry on as usual the following evening and write in your yellow book the date you forgot your Warfarin.
- ◆ Contact the surgery on 01948 860 205 for advice on any bruising or bleeding and change of medication. If it is a weekend or bank holiday, contact the Out of Hours Service. The recorded message on the surgery number will give you the number to ring. Inform any doctor or dentist that you are taking Warfarin.
- ◆ Do not take aspirin with your Warfarin or any other medication containing aspirin unless specifically prescribed. Any medication you wish to buy over the counter at a chemist always ask to speak to the pharmacist to ask if it is alright to take with your Warfarin tablets.
- ◆ Alcohol may be taken in moderation only i.e. no more than 2 units daily, but try to take the same amount every day. Alcohol can affect your Warfarin control. Women of childbearing age should not conceive whilst on Warfarin. Avoid cranberry juice and all cranberry products whilst on Warfarin. During times of illness, your Warfarin may need to be adjusted and an INR test will be required.



SOME FREQUENTLY ASKED QUESTIONS

Q: Why do I have to attend the anticoagulant clinic?

A: Your correct dose of Warfarin can vary and needs to be monitored continuously.

Q: What side effects can I expect?

A: Warfarin thins the blood. If you have any bruising or bleeding you must report it immediately to either your GP or the clinic as this may indicate an excessive anticoagulant level. You may experience any of the following: prolonged bleeding from cuts, bleeding that does not stop by itself, nose bleeds, red or dark brown urine, red or black stools and (for women) increased bleeding during periods or other vaginal bleeding.

Q: What do I do if I need a tooth extracted?

A: Stopping Warfarin for 2 day prior to the extraction is usually sufficient, but always inform the clinic staff of such a procedure so that INR can be arranged prior to the extraction. The usual dose of Warfarin is restarted at 6pm on the day of the extraction.

Q: What to do if I am ill?

A: This is the time when you must have your INR checked. Your illness may affect your INR and your Warfarin dose may need to be changed.

