

Information to Remember

It is vital that you take this medication as instructed. Take Coumadin at the same time each evening, preferably after 6:00 pm, especially on the day of lab testing, to allow for dosage change if required.

Lab work (blood testing) is required at least monthly, if not more frequently. Be sure to have blood tests as directed by your physician.

Keeping your diet consistent is important.

Avoid sports or activities that could result in a bruising or bleeding injury. Use extra caution to avoid cuts when brushing your teeth or shaving.

Always notify your physician of any changes in prescribed or over-the-counter medications you are taking – specifically antibiotics, anti-inflammatory, acetaminophen (Tylenol) or aspirin.

Carry an ID card or wear a medical alert bracelet stating that you are taking Coumadin, in case of emergency. Any doctor, dentist, or emergency medical care provider who treats you should know that you are taking Coumadin.



NOHC Locations

Bellevue
1400 W. Main St.
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Clague
960 Clague Rd.
Suite 2300
Westlake, Ohio 44145

Cleveland
2322 East 22nd St.
Suite 200
Cleveland, Ohio 44115

Elyria
125 E. Broad St.
Suite 305
Elyria, Ohio 44035

Independence
6701 Rockside Rd.
Suite 100
Independence, Ohio
44131

Lorain
3600 Kolbe Rd.
Suite 127
Lorain, Ohio 44053

Medina
3443 Medina Road
Suite 110
Medina, Ohio 44256

Middleburg Heights
7255 Old Oak Blvd. C-408
Middleburg Heights, Ohio
44130

Norwalk
282 Benedict Ave.
Medical Park II, Suite D
Norwalk, Ohio 44857

Sandusky
703 Tyler St.
Suite 250
Sandusky, Ohio 44870

Westlake
29325 Health Campus Dr.
Suite 3
Westlake, Ohio 44145



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YOUR GUIDE TO USING Coumadin



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What is Coumadin (Warfarin Sodium)?

Coumadin is an anticoagulant (blood thinner) which helps prevent and treat heart attacks, stroke and blood clots. Your physician may prescribe Coumadin if your body makes unnecessary clots.

How does Coumadin work?

Coumadin blocks the formation of vitamin K-dependent clotting factors in your liver. Vitamin-K helps blood to clot and prevents bleeding.

Coumadin reduces the ability to make blood clots. It can help stop harmful clots from forming and from getting larger. However, it does not break up existing clots.

What information is gathered from my blood tests?

Blood tests, called PT/INR, will be ordered by your physician on a regular basis.

By taking a small amount of your blood, your physician can determine your PT/INR, which shows how fast your blood is clotting. This allows your physician to monitor how thin or thick your blood is and whether or not your Coumadin dose should be adjusted.

Possible Side Effects

The clinical team at NOHC is available to answers any questions you may have. The most common side effect is bleeding in any tissue or organ. Other side effects include but are not limited to, headache, dizziness, weakness, bleeding from shaving or other cuts that do not stop, nosebleeds, bleeding of gums when brushing, throwing up blood, unusual bruising for unknown reasons. Please consult your clinical team right away if you experience any of these signs or symptoms.

Daily Diet with Coumadin

Because Coumadin blocks the formation of vitamin-K, eating foods that containing vitamin-K can affect the way your Coumadin works. It is not necessary to avoid foods containing vitamin-K, but diets that are well-balanced, nutritious and consistent will maintain the best results.

Some foods that are high in vitamin-K include:

Asparagus	Lettuce
Avocado	Mustard Greens
Broccoli	Sauerkraut
Brussel Sprouts	Soybeans
Cabbage	Spinach
Coleslaw	Swiss Chard
Collard Greens	Turnip Greens
Endive	Green Tea
Kale	

**Alcohol and herbal teas should be limited due to higher levels of vitamin-K.*

