

April 17th,
2020

Warfarin



The goal of warfarin treatment is to prevent embolic stroke in a patient

Taking warfarin daily increases your risk of **bleeding**. It is imperative that caution is taken to avoid injury.

Things you can do to prevent bleeding:

- Use a soft bristled toothbrush.
- Do not floss.
- Shave using an electric razor.
- Blow your nose gently.
- Avoid receiving injections.
- Avoid activities that can lead to injury, such as contact sports.

Talk with your doctor if you experience any of the following:

- Bleeding from the gums or nose
- Black, tarry stools
- Blood in the urine
- Excessive menstrual flow
- Unusual bruising
- Excessive abdominal cramping

Eat consistent, limited intakes of Vitamin K, as Vitamin K is the antidote for warfarin. These foods include:

- Asparagus
- Broccoli
- Cabbage
- Kale
- Spinach
- Turnip Greens

Avoid drinking alcohol and taking NSAIDs before

If you miss a dose:

- Take as soon as remembered on the same day
- Do NOT double doses
- Let your