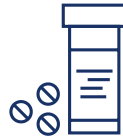


Top tips for living well with warfarin



Set an alarm or reminder on your phone to make sure you remember to take your warfarin every day and at the same time each day.



Always take the same brand of warfarin that is on your prescription – not all brands are the same. Ask your doctor or pharmacist for advice about what to do if you can't get your usual brand of warfarin.



Never take extra amounts of warfarin if you have missed a dose. Ask a doctor for advice about what to do if you miss a dose.



Vitamin K can interact with warfarin, so it's important to eat the same total amount of foods rich in vitamin K (e.g. kale, spinach) every week. This will help keep your INR stable.



Alcohol, illness (e.g. if you have an infection or stomach bug), and other medicines can also affect your INR.



Always talk to your doctor, nurse, or pharmacist first before stopping warfarin or any medicine that you take regularly.



Check with a health professional before you start or stop any new medicine. This is because it might affect how well warfarin works. This includes prescription, over-the-counter, vitamins or complementary medicines.



Like all medicines, warfarin can have some side effects. The most serious side effect of warfarin is bleeding. Ask your health professional what signs you need to look out for.

Contact a health professional right away if you have any unexpected or heavy bleeding, or bleeding that takes unusually long to stop.

Disclaimer: This information is not intended as a substitute for medical advice and should not be exclusively relied on to manage or diagnose a medical condition. Always consult your doctor or medical professional if you feel unwell, notice any unusual signs or symptoms, or you have any questions or concerns.

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