

## Health Literacy Now

[Home Page](#)

[Disclaimer](#)

To know more, go to [www.healthliteracynow.org](http://www.healthliteracynow.org)

### Coumadin or Warfarin

#### What is Coumadin?

Coumadin is a drug that [thins blood](#). It helps the blood to flow easily. Warfarin is another name for it.

#### Why do I need to take coumadin?



Your doctor will give this drug if you have

- \*blood clots in the vessels that carry blood.
- \*abnormal heart beat.
- \*high risk of stroke.
- \*high risk of blood clots.
- \*Man made heart valves.

## What is the side effect of coumadin?

The major side effect is [bleeding](#). Tell your doctor if you had any bleeding in the past or any problems with your blood.

## What is INR?

INR is a blood test. You need to have this blood test regularly if you are taking coumadin.

\*High INR means that your blood is too thin. Your doctor will lower your dose of coumadin.

\*Low INR means that your blood is still thick so your doctor will increase your dose of coumadin.

## How can I prevent bleeding if I am taking coumadin?

\*Make sure that you are taking the [right dose of the drug](#).

\*[Check INR regularly](#).

\*Talk to your doctor before using any [new drug](#). Some drugs may increase the risk of bleeding from coumadin.

\*[Talk to your doctor before using over the counter pain pills](#).

\*Avoid [sudden changes](#) in your diet.

\*Drink only [small amount of cranberry juice](#).

\*Drink only [small amounts of alcohol](#).

## **When do I worry about bleeding?**

Stop the drug. [Call 911](#) or your doctor if

\*If you see [red or black stools](#) or [red or tea colored urine](#).

\*If bleeding from your skin or gums does not stop in [10 minutes](#).

\*If you [hit your head](#).

\*If you [fall and injure yourself](#).

Create a [free website](#) with [Weebly](#)