

Instruction of Cofarin (Warfarin)

- **GENERIC NAME** : Warfarin
- **USES** : Warfarin is used to thin the blood (anticoagulant) so that clots will not form.
- **HOW TO USE** : Use prescription as directed, even if feeling better. Take this medicine at a similar time of day.
- **SIDE EFFECTS** : Bleeding problems (bruising; black, tarry, or bloody stools; bleeding gums; blood in the urine; coughing up blood; nosebleeds; throwing up blood or throw up that looks like coffee grounds; very bad headache; unnormal or very heavy menstrual bleeding; eye-Bleeding)
- **PRECAUTIONS** :
 1. Before taking warfarin, tell your doctor or pharmacist if you are allergic to it.
 2. Tell dentists, surgeons, and other healthcare providers that you use this medicine.
 3. Talk with the healthcare provider before using other: aspirin, blood thinners, pain medicines like ibuprofen.
 4. Use care to prevent injury and avoid falls or crashes. For example, not to rock climbing, boxing, football, or soccer.
 5. Visit your doctor or healthcare provider for regular blood checks on your progress to make sure getting the right dose of this medicine.
 6. Tell your doctor if you are pregnant or breast-feeding before taking this drug. It is necessary to talk about any risks to fetal or breastfeeding babies.
 7. **Avoid alcohol** includes wine, beer, and liquor. Alcohol could increase the risk of bleeding.
 8. Ask your doctor or healthcare provider before using any other over-the-counter medicines, vitamins, and herbal products, especially the following: Co-enzyme Q10, echinacea, garlic, ginkgo, ginseng, goldenseal, cranberry juice, pomegranate, noni juice, avocado, parsley, or St John's wort.
 9. **Vitamin K**: Vitamin K may change how this drug works. **Eat about the same amount of vitamin K every day** and do not have to avoid all foods with vitamin K. The following are high vitamin K content of foods. (vitamin K-1 / 100g foods)
 - 101 ~ 200 mcg: beef liver, egg yolk, broccoli, cabbage, green cauliflower, iceberg lettuce, mung beans, soybeans, fiddleheads.
 - 201 ~ 500 mcg: garbanzo beans (chickpeas), lentils, nettle leaves, seagrass, spinach.
 - over 500 mcg: dry green tea, soybean oil, brussel sprouts, dulse seaweed, rockweed seaweed, turnip greens.
- **MISSED DOSE** :
 1. Take a missed dose as soon as you think about it on the same day you missed the dose.
 2. If it is the next day to take the next dose, skip the missed dose and go back to your normal time. Do not take a double dose or extra doses.
 3. If you miss your dose for 2 or more days, call your doctor.
- **STORAGE** : Store at room temperature between 20-25°C (68-77°F) away from light and moisture. Keep all medicines away from children and pets.

COFARIN 5mg



Cofarin 1mg



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