Anticoagulation Clinic Services are offered at the following locations for your convenience:

FOR MORE INFORMATION PLEASE CALL 798-5094.
Welcome to
LOURDES ANTICOAGULATION CLINIC

Your health care provider has enrolled you in the Anticoagulation Clinic at Lourdes. Certified anticoagulation management therapy professionals will be providing comprehensive care and education to assist you and your provider with the management of your oral anticoagulation therapy, or warfarin (Coumadin®).

Q. Why has my health care provider enrolled me in this clinic?
A. Lourdes and your health care provider are committed to providing Healthcare that is Safe. The benefits of anticoagulation therapy are proven. However, there are risks associated with this therapy. As a patient of this clinic you, your physician and your clinic nurse will work together to minimize these risks.

Q. What is anticoagulation?
A. Coagulation is a term that refers to formation of blood clots, a normal body reaction if, for example, you cut yourself. Warfarin (Coumadin) is called an anticoagulant because it works against the formation of blood clots that could be harmful to you.

Q. What are anticoagulants and what do they do?
A. Anticoagulants are medicines that are prescribed specifically to prevent and/or treat thrombosis. Thrombosis is a medical word for the formation of a clot inside your blood vessels.

Q. Why is a clot dangerous?
A. A clot may form in veins or arteries. If the clot grows, it can branch into other vessels and close them up. Rarely, it can also break into fragments, called emboli, and be swept along into the blood. Emboli can travel and become lodged. This can result in heart attack, stroke and blocked circulation to organs and limbs.
Q. How should I take my warfarin (Coumadin)?
A. The way you take this medication may be different from how you take other medications. You may not take the same dose every day of the week. Many factors can change the effect of warfarin (Coumadin) on your blood, which in turn may cause us to change your dose.

Q. When should I take my warfarin (Coumadin)?
A. Take your warfarin (Coumadin) once a day as directed by your clinic nurse. To avoid missing a dose, get in the habit of taking your warfarin (Coumadin) at the same time every day.

Q. What should I do if I forget to take a dose?
A. Take it as soon as you remember. However, if you do not remember until the next day, do not take two doses. Take only the scheduled does. Record the date of the missed dose. Tell your clinic nurse at your next visit, since missing a dose of warfarin (Coumadin) may alter your INR test. If you miss doses for two days, call your clinic nurse.

Q. When can I stop taking anticoagulation medication?
A. You should never stop taking medication on your own. Your health care provider will tell you when you may stop taking any prescribed medication.

Q. Who should I tell about taking this medication?
A. It is very important to tell all your physicians and your dentist that you are taking anticoagulant medication. Some procedures can be more dangerous for people taking this type of medication. Your physician may have to temporarily stop or change your medication before certain procedures can be done.
No specific dietary restrictions are recommended. However, avoid making substantial changes in your diet.

Certain foods contain significant amounts of vitamin K, which counteracts the effects of warfarin (Coumadin). The main source of vitamin K comes from green leafy vegetables.

**THE FOLLOWING IS A PARTIAL LIST OF FOODS HIGH IN VITAMIN K:**
- Broccoli
- Brussel Sprouts
- Cabbage
- Collard Greens
- Endive
- Green Tea
- Mustard Greens
- Kale
- Seaweed
- Soybeans/Soybean oil
- Spinach
- Tofu
- Turnip Greens

Your warfarin (Coumadin) does is based on your usual diet; therefore, it is important for you to eat a diet that contains the same amount of vitamin K each day. You do not need to avoid foods that contain vitamin K; however, it is important for you not to make major changes in the amount of vitamin K that you eat on a daily basis.

**REMEMBER, KEEP YOUR DIET CONSISTENT**

Drinking alcohol can affect warfarin (Coumadin) as well. Alcohol can either increase or decrease the effect of warfarin (Coumadin). It is not always predictable. It is best to not have more than one glass of wine, beer or any other alcoholic drink per day, it is even better to avoid alcohol completely.

**OTHER MEDICATIONS AND ANTICOAGULATION**

Many drugs increase or decrease the effect of warfarin (Coumadin) which can result in clots or bleeding. It is important to tell your clinic nurse if any of your prescribed medications are increased, decreased, or stopped, or if you have started taking new medications.

Medications you buy without a prescription can also have an effect or warfarin (Coumadin). It is important to tell your clinic nurse if you decide to start any new vitamin or herbal products.

The most important nonprescription medication to avoid is aspirin. You should not take aspirin, unless prescribed by your physician. Aspirin and products containing aspirin can decrease blood clotting and may increase your chances of bleeding. Here is a list of common nonprescription medications.

**YOU MAY NOT TAKE THESE NONPRESCRIPTION MEDICATIONS:**
- Actron
- Advil
- Aleve
- Alka-Seltzer
- Ascriptin
- Aspirin
- Bayer
- Bufferin
- Ecotrin
- Empirin
- Excedrin
- Ibuprofen
- Ketoprofen
- Motrin
- Naprosyn
- Nuprin
- Orudis KT
- Pepto-Bismol

**YOU MAY TAKE THESE NONPRESCRIPTION MEDICATIONS:**
- Acetaminophen
- Allerest
- Benylin
- Cough Syrup
- Chlor-Trimeton
- Contac
- Drixoral
- Maalox
- Mylanta
- Robitussin
- Cough Syrup
- Sudafed
- TYLENOL
- TYLENOL Cold and Sinus

**NOTE:**
If you use antacids, such as Maalox or Mylanta, take them at least two hours before, or two hours after taking your warfarin (Coumadin).
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