



Health education Number:CVS-105

Set date: 2014.01.04

Review date:2016.11.12



Revised date: 2024.02.22

Warfarin / Cofarin Anticoagulant Information

I. What is this medicine?

To prevent the formation of thrombosis in the blood, regular blood testing (international normalized prothrombin time ratio, INR) as the basis for adjusting the dose of drugs, preventing and treating thrombosis and reducing the risk of bleeding.

II. Usual medicine of anticoagulant in VGHTC :

Name of drug	COFARIN(1mg/ table)	WARFARIN (5mg/ table)
Appearance		

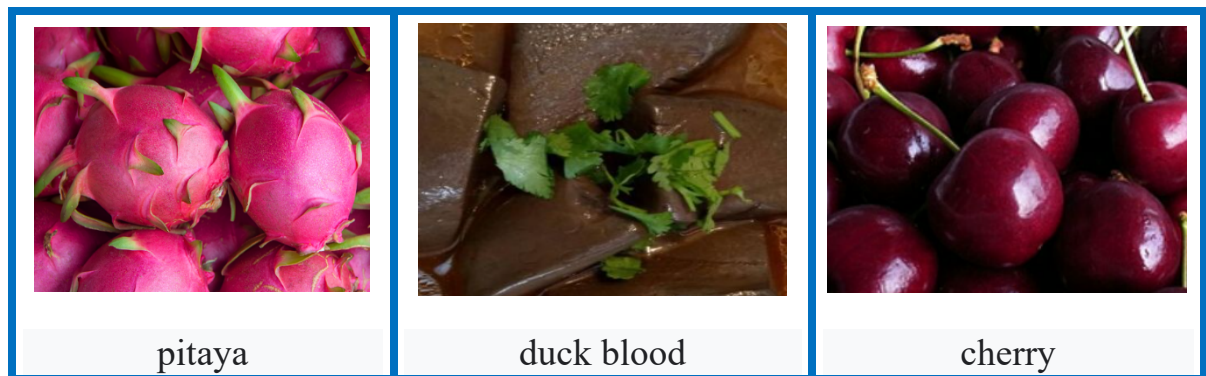
III. What precautions do I need to take while using warfarin?

1. Precautions for medication:

- (1)In case of red stool (pitaya with red skin and purple meat) or black stool (iron, pig blood, chicken blood, duck blood, goose blood, sheep blood, cherries, chocolate, raisins) caused by eating food or drugs (Waiting for food), please continue to observe the color of the stool.

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All information above has been reviewed by CVS specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital



(2) Try to avoid trauma and bleeding in daily life, such as: bruising, massaging, cutting vegetables too quickly; choose a soft-bristled toothbrush; men, please use an electric razor to shave. Apply pressure around the site about 10-15 minutes.



(3) Immediate return to hospital for blood test:

A. Hematuria, bloody stool, vomiting blood, hemoptysis, eye hemorrhage, more than usual menstrual blood volume and bleeding due to non-external injury (gum bleeding, nosebleed, severe bruising). Physicians will adjust the dose of the drug, Do Not stop the drug by yourself.

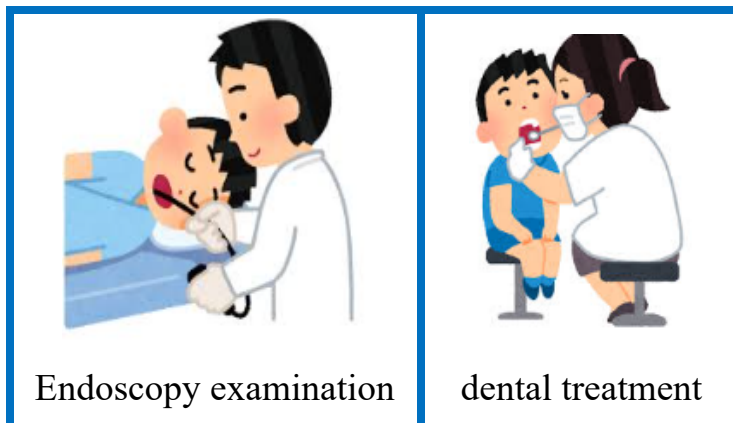
(4) Discuss matters with your doctor

A. If you forget to take the medicine, make up the daily dose, take the medicine at the original scheduled time and dose the next day, and inform the doctor when you return to the doctor about the time you

forgot to take the medicine.

B. Anticoagulants mainly reduce the blood coagulation function. The doctor will decide the medication time according to your condition. If you take it incorrectly, it may cause severe bleeding. Please be sure to follow the dosage prescribed by the doctor. Do Not stop or increase or decrease the dose by yourself.

C. If you need to receive any invasive examination and treatment (eg : dental treatment , microscopy examination, cardiac catheterization, etc.) or surgery, the physician must be informed are taking anticoagulant drugs so that they can be properly treated before receiving treatment to reduce bleeding.



Endoscopy examination

dental treatment

D. Avoid the interaction between traditions Chinese medicine and medicine.

E. Taking anticoagulant during pregnancy may cause fetal malformation please inform your doctor before you plan to be pregnant or breast-feeding.

IV. What do I need to know about warfarin and my diet?

1. Prohibition of consumption Natto Capsules and Soy Lecithin Extract Health Food Capsules.

2. How to avoid the lack of anticoagulants when taking anticoagulants?

Diets with high vitamin K content and Chinese medicines and Western medicines can cause insufficient anticoagulants. Please follow the recommendations below:

Type	Name	Notes
FOOD	Kale , spinach, amaranth, lettuce, celery, cabbage , purple cabbage, kale, string beans, green beans, bean sprouts, cabbage (bud) , shallot, onion, green (white) broccoli, radish, mustard , seaweed, spinach, bok choy, A dish, Sichuan seven, cucumber, bulk food, large white dish , asparagus, leeks, sweet potato leaves, mainland sister, black fungus, raw salad (sea) julienne, animal liver .	Daily should quantify the average intake of less rich in vitamin K foods (daily ingestible about 3 to 5 parts , each dish is about the size of your palm) , avoid excessive intake of foods containing vitamin K so as not to reduce the efficacy.
Fruit	Avocado, papaya, green kiwi , noni juice .	Take up to one serving a day, each serving approximately the size of your palm .

Healthy food	Coenzyme Q 10 , high-dose vitamin C, nutrients containing vitamin K or vitamins (such as good storage, comprehensive vitamins).	The physician's consent is required .
Tea	Such as oolong tea, green tea , black tea, etc.	The physician's consent is required
Cooking oil and Spices	Soybean oil, soybean oil, canola oil	Cook with low oil or change olive oil .

(1)How to avoid the over dose of anticoagulant?

Poor diet habits , Taking Chinese medicine and Western medicine will lead to anticoagulant overdose or inhibit platelet function by itself, and there is a risk of bleeding when taken together. Please follow the recommendations below:

Forbidden to eat: ginseng, western ginseng, ginkgo, ganoderma, angelica Oriental ginseng, Jilin ginseng, red dates, wolfberry, ginger garlic, Hypericum perforatum (hypericum perforatum), Turtle and Deer Gum, Ginger, Pineapple Enzyme and Papaya. Enzyme.



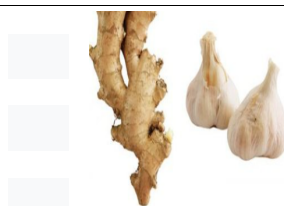
Ginseng



Braised Pork Ribs



angelica



ginger garlic

Type	Name	Notes
FOOD	Mango, cranberry , grapefruit juice or grapefruit , cooked ginger, red yeast rice, grapefruit, Baiyou , mushroom class .	Do not overdose, it is recommended to take about one palm size per day at most.

Healthy food	Fish oil, vitamin E, grapes Sugar amine .	Requires the consent of a Doctor's
Drug	1. Hypolipidemic drugs : Lipanthyl, Lopid and statin class (Crestor, Lipitor, Lescol) and the like.	When drugs are used together, increase the number of blood tests for INR.
	2. Analgesic and Anti-inflammatory (such as NSAIDS), antibiotics.	
	3. Antiarrhythmic drugs : such as Amiodarone .	
	4.Uric acid lowering drugs : Benzon, Allopurinol et al.	

V. Summary

Know the signs and symptoms of blood clots, bleeding, and a stroke.

Make sure that you know your target INR with blood tests. Make sure you discuss any questions you have with your health care provider.

VI.Reference

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<https://doi.org/10.3390/ijms22168531>

Let's take a test to confirm that you have a thorough understanding

1. Anticoagulant is the medicine to prevent the formation of thrombosis in the blood.

YES NO Not sure

2. In case of red stool (pitaya...) or black stool (iron, pig blood...) caused by eating food or drugs, please continue to observe the color of the stool.

YES NO Not sure

3. If you forget to take the medicine, do not make up the daily dose, take the medicine at the next scheduled time.

YES NO Not sure

4. If you need to receive any invasive examination and treatment or surgery, the physician must be informed are taking anticoagulant drugs.

YES NO Not sure

5. Anticoagulants mainly reduce the blood coagulation function. Do Not stop or increase or decrease the dose by yourself.

YES NO Not sure