

Warfarin tablets

This leaflet contains important information

Be sure to read it thoroughly before using this medicine

You are undergoing anticoagulant therapy to prevent blood vessel obstruction due to blood coagulation. To receive the maximum benefits from Warfarin and **avoid the risk of bleeding**, be sure to observe the precautions below.

You are also advised to make sure that your family and other relatives read and understand this information.

Drug Storage Precautions

- In order to take this medicine correctly as prescribed, keep it in a container labelled with the prescribed days and times.
- Do not expose this medicine to direct sunlight.
- Keep this medicine out of the reach of children.

While undergoing anticoagulant therapy with warfarin, be sure to have periodic medical examinations and take your medicine as prescribed by your doctor.

- It is necessary to decide the proper dose depending on your condition, at every visit.
Your optimal dose is decided through periodic blood coagulation examinations.
- Whenever you realize that you have forgotten to take the medicine as prescribed, take it as soon as possible. If you do not realize until the following day that you have forgotten to take the medicine as prescribed, measure the thrombotest value or prothrombin time to determine the proper dose instead of skipping the missed dose.

If you have accidentally taken more medicine than prescribed, promptly contact your doctor or pharmacist for instructions.

Under the following circumstances, consult your doctor in advance:

- If you are to undergo tooth extraction.
- If you wish to take any other medication (including over-the-counter medications) or discontinue the use of such medications. It is especially important to consult your doctor or pharmacist if you wish to take nonprescription medicines such as analgesics, antipyretics, or cold remedies.
- Do not take any vitamin K preparation unless intended for hemostasis.

Glakay® 15mg Capsules should not be used with Warfarin. Glakay® 15mg Capsules are available as a non-hemostatic vitamin K preparation.

When Visiting Other Hospitals or Clinics

- Ask your regular doctor to write your anticoagulant value on the next page.
- Be sure to make it clear that you are taking Warfarin when being treated by a doctor or a dentist other than those who normally treat you, or if you are taken to hospital in an ambulance.

Precautions in Daily Living

- Avoid activities or exercise that may cause injury, and be careful not to sustain contusions or other injuries that may go unnoticed. Take great care not to cut yourself when using a razor or other sharp object.
- It is important to maintain a balanced diet and carefully monitor your health. Extremely high-fat and extremely low-fat diets should be avoided, and alcohol intake should be limited.
- **Natto, foods containing chlorella and green juice diminish the effects of Warfarin.**

While undergoing this anticoagulant therapy, do not eat natto or foods containing chlorella and green juice, which greatly diminish the effects of Warfarin.

- Vitamin K diminishes the effects of Warfarin. Do not eat large amounts of foods that contain high levels of vitamin K, such as spinach, lettuce, cabbage, asparagus, and broccoli. Such foods can be eaten in normal quantities, however.

• **If you notice any unusual symptoms such as bleeding from the gums, bloody urine, bloody stool, or bleeding for unknown reasons, consult your doctor immediately.**

- The antagonist is vitamin K. (Kaywan[®] capsule and Kaytwo[®]-N injection etc.)
- Avoid becoming pregnant while undergoing anticoagulant therapy. If you plan to become pregnant, first consult your doctor.

• **I am on anticoagulant therapy with Warfarin.**
Information for the physician.

Name : _____

Dose of Warfarin per day _____ mg

PT-INR : _____

Thrombo test : _____ (%)

Hospital or clinic : _____

Name of physician : _____

Telephone : _____

Fax : _____

Note the method by which you communicate with your doctor and the names, telephone numbers and Fax numbers of doctors and hospitals in the space provided above.

◆ **CAUTION** ◆

If you take this medicine in conjunction with other medications, problems caused by drug interaction may occur.



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Further information is available on your request:

CUSTOMER INFORMATION SERVICES SECTION

☎ 0120-419-497 9:00~18:00 (Sat. Sun. holiday 9:00~17:00)