

Coumadin (Warfarin)

Coumadin is also called Warfarin. This type of medicine is called an anticoagulant or blood thinner. Coumadin helps stop clots from forming in the blood. A blood clot could cause serious problems if it moved to a different part of the body such as the heart, lungs or brain.

The full effect of Coumadin may take 3 to 7 days. Your doctor will use a blood test to adjust your Coumadin dose. The blood test is called an INR (International Normalized Ratio). It measures how long it takes your blood to clot. Your Coumadin dose may be changed to keep the best INR range for your condition. Keep your lab and doctor appointments.

Take Coumadin As Ordered

- Coumadin comes in tablets to be taken by mouth.
- Your doctor will tell you how much medicine to take. This is your **dose**. Your dose may change based on your blood test.
- Take Coumadin **one time** each day, at the **same time** each day.
- If you forget a dose, **do not** take two doses the next day. Call your doctor if you miss two or more doses.
- Never stop taking your Coumadin unless told to do so by your doctor.
- Keep a supply of medicine so you do not run out. Plan ahead for weekends, holidays and vacations.
- Do not share this medicine with anyone.
- Tell all of your health care providers you are taking Coumadin. This includes your doctors, dentists, nurses, pharmacists and emergency workers.
- Eat your normal diet while taking Coumadin. Do not change the amount of green, leafy vegetables you eat in your diet.
- Check with your doctor before drinking alcohol such as beer, wine and liquor.

可邁丁（華法林）

可邁丁（Coumadin）也稱華法林（Warfarin）。此類藥物稱為抗凝血藥或血液稀釋藥。Coumadin 有助於抑制血液的結塊。血塊如果運動到心臟、肺或大腦等部位，可能導致嚴重的問題。

Coumadin 完全生效需要 3 至 7 天。醫生會根據驗血結果調整 Coumadin 劑量。這項驗血稱為 INR（International Normalized Ratio，國際標準化比值）。驗血所測量的是血液結塊需要多長時間。可根據您的情況調整 Coumadin 劑量，使 INR 保持在最佳範圍內。按時驗血和看醫生。

遵醫囑服用 Coumadin

- Coumadin 為口服片劑。
- 醫生會向您說明服藥量，也就是**劑量**。根據驗血結果，可調整劑量。
- 每天**按時**服用 Coumadin，並在**同一時間**服用。
- 如漏服藥物，**切勿**次日加倍服用。如果漏服一次或兩次，請打電話給醫生。
- 除非醫生有指示，否則不得停用 Coumadin。
- 適量儲備藥物，以免斷藥。在周末、節假日和度假之前提 早籌劃。
- 不得將此藥給他人服用。
- 就醫時向醫療人員說明您正在服用 Coumadin。此處的醫療人員包括您的醫生、牙醫、護士、藥劑師和急救人員。
- 服用 Coumadin 期間，正常進食。不要改變綠色帶葉蔬菜的食用量。
- 飲酒（啤酒、葡萄酒和烈酒等）之前，諮詢醫生的意見。

Call your doctor or pharmacist if you have:

- Unusual bleeding
 - Coughing up or vomiting red or brown material that looks like coffee grounds
 - Nose bleeds or extra bleeding from the gums around your teeth
 - Red or black tarry stools
 - Red or dark urine
 - Bruises that appear without injury
 - Bleeding from cuts that do not stop with pressure
 - Very heavy vaginal bleeding or menstrual flow
- Pain, swelling, or discomfort
- Severe headache
- Weakness, slurred speech or visual changes
- Nausea, vomiting or diarrhea that lasts more than 24 hours
- Tiredness, fever, chills, sore throat, itching rash or mouth sores
- Any new signs after starting this medicine

Precautions

- Talk to your doctor or pharmacist before taking any new medicines. This includes prescription medicines, over the counter medicines, herbals, food supplements and home remedies. These can make Coumadin not work as it should.
- Coumadin should not be taken during pregnancy. If you think that you are pregnant or may become pregnant, tell your doctor **right away**.
- Avoid sports or other activities that may cause injury like bruising, cuts or serious injury. Report any falls or blows to the head to your doctor **right away**.

Talk to your doctor or pharmacist if you have any questions or concerns.

如有以下情況，請找醫生或藥劑師：

- 異常出血
 - 咳出或嘔吐出類似咖啡渣的紅色或棕色物
 - 鼻子出血或牙齦大量出血
 - 大便呈紅色或黑色的柏油狀
 - 小便為紅色或黑色
 - 在未受傷的情況下，出現淤傷
 - 割傷後，用加壓法無法止血
 - 陰道大量出血或月經流量過多
- 疼痛、腫脹或不適
- 嚴重頭痛
- 體弱無力、口齒不清或視力發生變化
- 噁心、嘔吐或腹瀉，持續超過 24 小時
- 疲倦、發饒、畏寒、咽喉痛、發癢的皮疹或口腔潰瘍
- 開始服藥後出現的任何新症狀

注意事項

- 服用任何新藥物之前，諮詢醫生或藥劑師的意見。此處的新藥物包括處方藥物、非處方藥物、草藥、食品補充劑和自製藥物。這些可能導致 Coumadin 無法發揮應有的療效。
- 妊娠期間不應服用 Coumadin。如認為自己已懷孕或可能會懷孕，請**立即**向醫生說明。
- 避免可能導致擦傷、割傷或嚴重受傷的體育或其他活動。如摔倒或頭部受到打擊，請**立即**向醫生說明。

如有任何疑問或擔心，請向醫生或藥劑師提出。

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