

# 华法林 (Coumadin)

## Coumadin (Warfarin)

### Blood thinner medicine

Coumadin is also called warfarin. This type of medicine is known as 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.

### Your blood tests while taking Coumadin

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 need to be changed to keep the best INR range for your condition.**

**Be sure to keep your blood test and doctor appointments while taking Coumadin.** If you will not be able to get to the appointment as scheduled, call right away to make another appointment.

### 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.

### 血液稀释药

华法林 (Coumadin) 也称华法林 (warfarin)。此类药物属于抗凝血药或血液稀释药。Coumadin有助于抑制血液的结块。血块如果移动到心脏、肺或大脑等部位，可能导致严重的问题。

### Coumadin服用期间的血检

医生会根据血检结果调整Coumadin剂量。这项血检称为INR (International Normalized Ratio, 国际标准化比值)。血检所测量的是血液结块需要多长时间。**根据您的情况，可能需要调整Coumadin剂量，使INR保持在最佳范围内。**

**服用Coumadin期间，务请坚持做血检和就诊。**如果无法按约前往，请立即打电话重约时间。

### 遵医嘱服用Coumadin

- Coumadin为口服片剂。
- 医生会向您说明服药量，也就是**剂量**。
- 根据血检结果，可调整剂量。
- 每天**按时**服用Coumadin，每天在**同一时间**服用。
- 如漏服药物，切勿次日加倍服用。如果漏服一次或两次，请打电话给医生。

- **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.

### Call your doctor 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 does not stop with pressure
  - Very heavy vaginal bleeding or menstrual flow
- Pain, swelling or discomfort
- 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

- **除非医生有指示，否则不得停服 Coumadin。**
- 适量储备药物，以免断药。在周末、节假日和度假之前提早筹划。
- 不得将此药给他人服用。
- 就医时向医疗人员说明您正在服用 Coumadin。此处的医疗人员包括您的医生、牙医、护士、药剂师和急救人员。
- 服用 Coumadin 期间，正常进食。不要改变绿色带叶蔬菜的食用量。
- 饮酒（啤酒、葡萄酒和烈性酒等）之前，咨询医生的意见。

### 如有以下情况，请打电话给医生或药剂师：

- 异常出血：
  - 咳出或呕吐出类似咖啡渣的红色或棕色物
  - 鼻子出血或牙龈大量出血
  - 大便呈红色或黑色的柏油状
  - 小便为红色或黑色
  - 在未受伤的情况下，出现淤伤
  - 割伤后，用加压法而无法止血
  - 阴道大量出血或月经流量过多
- 疼痛、肿胀或不适
- 恶心、呕吐或腹泻，持续超过24小时
- 疲倦、发饶、畏寒、咽喉痛、发痒的皮疹或口腔溃疡
- 开始服药后出现的任何新症状

**Call 911** or have someone take you to an emergency room if you have:

- Severe headache
- Weakness, slurred speech or visual changes

## 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.
- **Have your blood tests done as ordered**, so you can work with your doctor to be sure you are taking the right amount of medicine.

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

如果有下列情况，请立即打电话911或请人送您去急诊室：

- 严重头痛
- 体弱无力、口齿不清或视力发生变化

## 注意事项

- 服用任何新药物之前，咨询医生或药剂师的意见。此处的新药物包括处方药物、非处方药物、草药、食品补充物品和自制药物。这些可能导致Coumadin无法发挥应有的疗效。
- 妊娠期间不应服用Coumadin。如认为自己已怀孕或可能会怀孕，请立即向医生说明。
- 避免可能导致擦伤、割伤或严重受伤的体育或其他活动。如摔倒或头部受到打击，请立即向医生说明。
- **遵医嘱做血检**，以便配合医生保证您按正确的剂量服用药物。

**如有任何疑问或担心**，请向医生或药剂师提出。