

# Coumadin (Warfarin)

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### 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**.

### Dawada khafiifinta dhiigga

Kowmadin (Coumadin) waxaa kale oo loo yaqaanaa warfarin. Dawada noocan ah waxa loo yaqaanaa xinjirow-la'aan amase dhiig jilcin. Kowmadin waxay wax ka caawisaa ka hortaga dhiigga guntama. Xinjir ama dhiig guntanku waxay keeni kartaa khatar badan, haddii ay gaadho meelo ka mid ah jidhka sida wadnaha, sambabada amase maskaxda.

### Baadhitaanka dhiigaaga inta aad qaadanayso dawada Coumadin/Kowmadin

Dhakhtarkaagu wuxuu kaa qaadi doonaa dhiig si uu kuugu qiyaaso dawada inta aad uga baahantahay. Baadhitaanka dhiigga waxaa la yidhaahdaa INR (International Normalized Ratio). Waxaanay cabbirtaa ama qiyaastaa wakhtiga dhiiggaagu ku xinjiroobo. **Qiyaasta lagaa siinayo Kowmadiinta waxa laga yaabaa in loo baahdo in la beddelo si INR loogu hayo tirada ugu fiican xaaladdaada.**

**U hubso in aanad gafin baadhitaankaaga dhiigga iyo ballamahaaga dhakhtarka mudada aad qaadanaysid Kowmadin.** Haddii aad awoodi weyso inaad tagtid ballamaha kuu yaala, isla markiiba wac si aad u sameysatid ballan kale.

### U Qaado Kowmadin sida la amray

- Kowmadin waa kiniin laga qaato afka.
- Dhakhtarkaagu wuu kuu sheegi doonaa inta aad ka qaadanayso. Taasi waa **qiyaastaada**.

- 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.
- Qiyaastaasi waxay isla beddeshaa maxsuulka dhiigga lagaa qaaday.
- Qaado Kowmadinta **mar kaliya** maalintii, adoo qaadanaya **isla xilli** maalin kasta.
- Haddaad illowdo maalin, **ha qaadanin** laba qiyaasood maalinta ku xigta. La hadal dhakhtarkaaga haddii aad illowdo laba cisho ama wax ka badan.
- **Waligaa ha joojin dawadaada ilaa dhakhtarku sidaas ku faro.**
- Dhigo guriga dawo kugu filan si aanay kaaga kala go'in. Sii diyaarso gaar ahaan maalmaha fasaxyada iyo feestooyinka.
- Halla qaybsan dawadan qof kale.
- U sheeg adeegayaasha fayodhowrka caafimaadkaaga inaad qaadato dawada Kowdadin. Waxa kuwaa ka mid ah, dhakhaatiirtaada, dhakhtarkaaga ilkaha, kalkaalisada, framasiga iyo shaqaalaha adeega degdegga ah.
- Si caadi ah u cun cuntadaada markaad qaadanayso Kowmadin. Ha beddelin inta aad ka qaadato khudaarta qadhaadh.
- Kala tasho dhakhtarkaaga inta aadan cabbin khamri amase alkohool amase biir.

### 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

### Wac dhakhtarkaaga ama farmasiiga hadaad isku aragto:

- Dhiigbax aan caadi ahayn
  - › Qufac ama hunqaaco casaan ah ama barown u eeg kafee
  - › Sanka oo ku dhiiga amase dhiig dheeri ah oo kasoo baxa cirridka
  - › Saxaradaada oo casaata ama madow noqota
  - › Kaadidaada oo casaata ama madow noqota
  - › Barar iyo dillaac jidka ka soo baxa adiga oo aan dhaawacmin
  - › Dhiigid ka timaada jeexitaan oo aan istaagin marka la cadaadiyo

- 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

**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.

- Dhiig farabadan oo siilka kaa yimaadda ama caadada oo aad u badan
- Xanuun, barar, iyo xummad
- Yalaalugo, hunqaaco ama calool shuban socda in ka badan 24 saacadood
- Daal Xummad, Qadhqadhyo cuna xanuun, xaako fara badan
- Calaamado kugu cusub ilaa markaad dawada bilowday

**Wac 911** ama qof kale ha ku geeyo qolka gargaarka degdegga haddii aad qabtid:

- Madax xanuun aad u badan
- Itaal darro, hadalka oo kugu adag iyo foolkaaga oo isbeddela

## Digniin

- La hadal dhakhtarkaaga ama farmasiiga intaanad qaadan dawo cusub. Waxa ka mid ah, dawo dhakhtar kuu qoro, kuwa aan u baahnayn in uu dhakhtar qoro, dawooyinka geedaha, cuntada dheeriga ah, iyo dawaynta dabiiciga. Kuligood waxay sababi karaan in aanay Kowmadin sidii loogu talo galay u shaqayn.
- Kowmadin lama qaadan karo marka uurka la leeyahay. Haddaad u malaynayso inaad uur leedahay ama aad filayso inaad ilmo caloosha ku qaaddo, si dhaqso ah ula hadal dhakhtarkaaga.
- Iska ilaali inaad ciyaaro samayso ama xarakaad kale oo ay kaaga iman karaan barar, isku goyn karto, ama dhaawac khatar ah. Dhakhtargaaga si degdeg ah ula socodsii haddii aad dhacdo, ama madaxa wax ku dhufato/kaaga dhacaan.

- **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.**

- **Baadhitaanadaada dhiigga ha loo sameeyo sida la amray**, si aad dhakhtarkaaga ula shaqeysid si loo hubsado inaad qaadanaayid qaddarka sax ah ee dawada.

**La hadal dhakhtarkaaga ama kalkaaliso caafimaad haddaad wax su'aalo ah ka hayso ama wax walaac ah ka qabto.**