

可邁丁（華法林）

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.

血液稀釋藥

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

Coumadin服用期間的血檢

醫生會根據血檢結果調整Coumadin劑量。這項血檢稱為INR（International Normalized Ratio，國際標準化比值）。血檢所測量的是血液結塊需要多長時間。**根據您的情況，可能需要調整Coumadin劑量，使INR保持在最佳範圍內。**

服用Coumadin期間，務請堅持做血檢和赴診。如果無法按約前往，請立即打電話重約時間。

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。

- **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

- **除非醫生有指示，否則不得停服 Coumadin。**
- 適量儲備藥物，以免斷藥。在週末、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。

如有以下情況，請致電醫生或藥劑師：

- 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，出現淤血
 - 割傷後，用加壓法而無法止血
 - 陰道大量出血或月經流量過多
- 疼痛、腫脹或不適
- 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

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.

如果有下列情況，請立即打電話911或請人送您去急診室：

- 嚴重頭痛
- 體弱無力、口齒不清或視力發生變化

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、食品補充品和自製藥物。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。
- **遵醫囑做血檢**，以便配合醫生保證您按正確的劑量服用藥物。

如有任何疑問或擔心，請向醫生或藥劑師提出。