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Please consider your individual circumstances and consult your healthcare professional if you have any questions relating to the information contained in this brochure. This brochure contains general educational information only. It is not intended or implied to be a substitute for professional medical advice or treatment and is presented for the sole purpose of disseminating information. *Prices, where displayed, are correct at time of printing and are subject to change without notice.

Specialist Diagnostic Services Pty Ltd (ABN 84 007 190 043) t/a QML Pathology
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WHAT DOES WARFARIN DO?
Warfarin is a type of blood thinning medicine known as an anticoagulant (anti-clotting). These types of medicines lengthen the time it takes for your body to form a blood clot. This lowers the risk of harmful blood clots forming that can cause a stroke or a blockage in the lungs or a vein. Bleeding can be a potential risk when taking this medicine. Care must be taken to avoid thinning the blood to a degree that results in spontaneous bleeding. You will require regular blood testing (monitoring) as long as you remain on warfarin.

HOW MUCH WARFARIN DO I NEED TO TAKE?
The doctor managing your warfarin will advise you what dose to take. Your doctor might choose to register you in QML Pathology’s Warfarin Care Clinic to monitor your blood and keep your warfarin dosage at a safe level. You should take the exact dose of warfarin prescribed at the same time every day. Most people take their warfarin in the evening; however, some may find it easier in the morning. Dindevan is taken twice daily – morning and evening.

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If you remember within 6 hours, then take the dose on the same day. If you are unsure or remember after this time, then take your normal dose the next day. Do not take a double dose in order to make up for a missed dose.

WHAT IF I WANT TO STOP TAKING WARFARIN?
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HOW WILL I KNOW I HAVE THE RIGHT DOSE OF WARFARIN?
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WHAT DOES THE BLOOD TEST MEASURE?
The blood test result is given as an INR (International Normalised Ratio). This is a measure of the time it takes for your blood to clot. The higher the INR, the longer it will take your blood to clot (which means you are at a higher risk of bleeding). The lower the INR, the more likely it is that you will develop a clot. The goal is to find the right dose of warfarin for you, so that your INR result is kept within the target range. Your individual target range is determined by your reason for taking warfarin and other health factors. Your doctor (or the QML Pathology Warfarin Clinic) will use your INR result to adjust your dose of warfarin.

WHAT CAN AFFECT MY INR?
Many things can affect your INR. The most common being changes in the medicines that you take. Changes in diet, exercise level, weight loss or gain, increased stress, alcohol use and travel can also affect your INR. It is important that the doctor controlling your warfarin is aware of any recent changes to your lifestyle.

WHICH MEDICINES COULD AFFECT MY TREATMENT?
Warfarin interacts with many types of prescription medicines as well as herbal treatments, vitamins, over-the-counter medicines and liniments. Your doctor will need to know about every medicine or treatment that you are using. If you begin or stop any new medicine or treatment, you should inform the doctor controlling your warfarin dose, as it may be necessary for extra blood tests and/or a change in your warfarin dose.

CAN I DRINK ALCOHOL?
Alcohol increases the effect of warfarin. If you drink a small amount of alcohol on a regular basis, it is usually possible to adjust your warfarin dose to allow for this. Drinking large amounts of alcohol will significantly increase your risk of bleeding.

SHOULD I FOLLOW A SPECIAL DIET?
It is important that you eat a balanced diet that includes foods from all the major food groups. No food should be excluded from your diet. But the amount of vitamin K in your diet can affect the warfarin dose. Foods that contain vitamin K include leafy green vegetables, such as lettuce, broccoli, cabbage, spinach, alfalfa and oils including olive, soybean and canola. You can eat green leafy vegetables, but it is important to eat the same amount of these foods each week to help keep your INR stable. You should avoid drastic changes in your diet, especially eating excessive amounts of leafy green vegetables or binging on particular foods.

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