

# Living with **Pr Taro-Warfarin** (Warfarin sodium tablets, USP)

Helpful information  
about your anticoagulant therapy



# **Pr Taro-Warfarin** (Warfarin sodium tablets, USP)

-   1 mg - Pink
-   2 mg - Lavender
-   2.5 mg - Green
-   3 mg - Tan
-   4 mg - Blue
-   5 mg - Peach
-   6 mg - Teal
-   7.5 mg - Yellow
-   10 mg - White

## *Introduction*

Your doctor has prescribed a drug known as **Pr Taro-Warfarin** (Warfarin sodium tablets, USP).

This brochure will help you understand what **Pr Taro-Warfarin\*** tablets are, why you are taking them, how they work, and special instructions to follow while you are taking them.

The information contained in this tool should not replace the advice of your healthcare provider.

\*Refers to Warfarin sodium tablets, USP.



## What is PrTaro-Warfarin and how does it work?

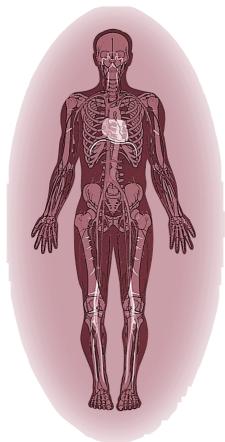
**PrTaro-Warfarin** contains Warfarin, an anticoagulant (anti-clotting) medicine that is used mainly for the following conditions where abnormal blood clots can cause major problems:

- Strokes
- Deep vein thrombosis (DVT)
- Pulmonary embolism
- Heart attacks

Harmful blood clots may form due to:

- Abnormal beating of the heart (atrial fibrillation)
- Heart valve disease or an artificial heart valve
- Heart attack
- Hereditary clotting disorders
- Hospitalization, estrogen medication and cancer

Taking Warfarin will reduce the chance that a blood clot will worsen if you have one of the above conditions. It works by decreasing the amount of certain clotting proteins in the blood by interfering with the way vitamin K makes these proteins. It is also used to prevent the formation of harmful blood clots after certain types of surgery.



## Are there any risks with taking PrTaro-Warfarin?

Since Warfarin works by prolonging the time it takes for your blood to clot, there is a small risk of bleeding or hemorrhage in your body tissues or organs. Your doctor should explain these risks to you and tell you what signs or problems to report. About 1 to 3 patients per 100 Warfarin users per year will experience a serious bleeding episode.

## What does my doctor need to know before I start taking PrTaro-Warfarin?

- When starting Warfarin therapy, you should inform your doctor and pharmacist of all medications you are taking, including over-the-counter and herbal products.
- It is important that you tell your doctor about all of your past and present medical problems, especially bleeding, such as an ulcer or heavy menstrual periods, diabetes, liver or kidney disease, and high blood pressure.
- Also, tell your doctor if you are pregnant, or planning to become pregnant. Warfarin is harmful to the fetus.



## How much PrTaro-Warfarin do I take?

Patients may require as little as 1mg or as much as 25 mg of the medicine to achieve the proper level of anticoagulation; older patients tend to require a smaller dose. Because of this, the drug comes in several different dosage strengths. Many anti-coagulant experts prefer to keep the patient on one strength of pill and adjust the number of pills per week to achieve the proper effect of the drug. Thus, a patient may require one pill on 5 days of the week and 2 pills on Mondays and Fridays, for example, to produce the right effect.

## How should I take PrTaro-Warfarin?

Warfarin can be taken any time of the day but you should try to take it approximately the same time everyday as a way to remember if you have taken it.



To keep your medication schedule as simple as possible, you may take Warfarin at the same time as most other medicines.

You may want to keep a calendar or schedule posted as a reminder. You may also use the Dosage Diary found at the end of this booklet. You may benefit from putting your weekly doses in a 'pill organizer' (dosette box).

## What if I forgot to take a dose?

If you forget to take your warfarin at the usual time, take the missed dose as soon as you remember on the same day. Do not take a double dose the next day to make up for the missed dose. Keep a record of any doses that you forgot to take, and tell your doctor at your next visit.



***If you forget to take your warfarin for two or more days, call your doctor immediately.***

## Do I need to follow any special instructions while I am taking PrTaro-Warfarin?



Ensuring that you take the proper amount of Warfarin to both benefit you and lower the chance of side effects, it is essential to have a regular blood test called the INR

(International Normalized Ratio). At the start of your Warfarin therapy, this blood test will have to be done every few days until your dose required is determined. Then the time between these tests can become longer, every 2-4 weeks if the results are good and steady.

Most patients on Warfarin will need an INR result between 2 and 3. Some patients with an

artificial heart valve will need a result of 2.5 to 3.5. Patients not taking Warfarin generally have an INR result of 1.

When the INR result rises above 4, the risk of serious bleeding starts to increase also. When the INR results drops below the desired level, the harmful clotting condition may return.

***The blood tests and the need to change the dose of the medicine from time to time may last from a few months to lifelong.*** The doctor prescribing the Warfarin should tell you at the beginning of therapy approximately how long you will be on the Warfarin.

***Do not stop Warfarin without talking with your doctor.***

You may wish to obtain and wear a Medi-Alert Bracelet and a Medical Alert Card that will state that you are taking Warfarin. This may especially be useful for patients who will be taking the drug for life.



## What about taking other medications with PrTaro-Warfarin?

- While on Warfarin therapy, all medication changes should be immediately reported to your caregiver who monitors the Warfarin.
- Certain medications and conditions will alter the way Warfarin works for your condition.

These include:

- Infections and some antibiotics
- Congestive heart failure
- Amiodarone
- Certain anti-inflammatory drugs such as naproxen, diclofenac and Celebrex®, and Aspirin®
- Viral and diarrheal illnesses (especially if you have a fever)
- DO NOT take Aspirin® or other older anti-inflammatory drugs without consulting your doctor or pharmacist.
- Acetaminophen (Tylenol®, etc) is generally the safest painkiller to take while on Warfarin, but if you require acetaminophen ‘around the clock’, you should contact your anti-coagulant caregiver.
- **Most drugs can be safely taken with Warfarin as long as the INR Test is obtained 4-5 days after starting the new drug.**
- Also, do not stop taking any of your current medicines without consulting your doctor first.



- If any of your doctors or your dentist prescribes a new medicine for you, be sure to tell him or her that you are taking Warfarin. It is often helpful to try to have all of your prescriptions filled at the same pharmacy, so your pharmacist can keep a current list of all your medicines.



Some of the most common medicines that may affect the way Warfarin tablets work include:

- Acetaminophen (such as Tylenol®)
- Antibiotics (such as Keflex®, Cipro®, E-Mycin®, Bactrim™, Flagyl®)
- Anti-inflammatory medicines for pain (such as Indocid®, Motrin®, Advil®)
- Aspirin and medicines that work like aspirin (such as Plavix, Ticlid®)
- Diuretics or water pills (such as Hygroton®, Lasix®)
- Heart medicines (such as Quinidine Cordarone®, Inderal®)
- Medicines for anxiety or depression (such as Zoloft®, Paxil®)
- Medicines for gout (such as Zyloprim®)
- Medicines to lower cholesterol (such as Lipitor®, Zocor®, Lopid®)
- Medicines for seizures (such as Dilantin®, Tegretol®, Mysoline®)

- Most Chemotherapy medicines
- Medicines to treat fungal infections (Monistat®, Diflucan®, Nizoral®)
- Medicines to treat thyroid conditions (such as Synthroid®)
- Medicines to treat tuberculosis
- Steroids (such as Prednisone, Cortisone)

These are just some examples of medicines that can affect the way Warfarin works for you. Keep in mind that other medicines that are not listed may also affect how Warfarin works, and medical conditions/illnesses such as infections, fever, diarrhea, congestive heart failure and cancer may change the way Warfarin works.

**Starting any new medication should be followed by an INR blood test 4-5 days later.**

## How does my diet affect <sup>Pr</sup>Taro-Warfarin?

**You do not need to eliminate anything from your diet.**

You can eat a normal balanced diet while taking Warfarin but you should avoid any sudden changes in your usual diet.



If you plan to change your diet for other health reasons, you should contact your Warfarin caregiver. Changes in the amount of vitamin K (found mainly in green leafy vegetables) in the diet can affect the way Warfarin works. If your INR result is very high, you may be given supplemental vitamin K to lower the INR more quickly.

## Do I have to limit my activities?

Since Warfarin works by prolonging the time it takes for your blood to clot, you may bleed or bruise more easily.



Under usual circumstances, you can continue with your daily activities, but you should avoid any contact sport or activity in which you might fall or be injured.

## What problems should I report to my doctor?

Call your doctor if you have any of the following problems:

- Nausea, vomiting, or diarrhea
- Fever and chills
- Any fall or injury



- Signs of bleeding, such as
  - √ Bleeding that does not stop after a cut
  - √ Heavy or prolonged menstrual period
  - √ Red or dark brown urine
  - √ Blood in bowel movements (stools) or black tar-like bowel movements
  - √ Coughing up blood in large amounts
  - √ Severe stomachache or backache
  - √ Headache, dizziness, and/or weakness
- Any other changes in your health

## Can I take PrTaro-Warfarin if I am pregnant?

Warfarin can be harmful to the growing fetus. If you are on Warfarin and wish to get pregnant, discuss this with your doctor first.



***If you find out you are pregnant and are taking Warfarin, CALL YOUR DOCTOR IMMEDIATELY.***

## Can I travel while taking PrTaro-Warfarin?

Warfarin should generally not affect any travel plans but you should tell your ‘INR manager’

before you go if the trip will be longer than the time until your next INR. Depending on how long you are away, you may need an INR test just before you leave or you may need a test while you are away. The need for these tests and any results are best discussed with your ‘INR manager’ at home not at your destination. You should get an INR when you return as your eating and activity level is often different on vacation.

## Summary

- Take your Warfarin exactly as prescribed.
- Keep all of your doctor and lab test appointments.
- Tell your doctor and dentist that you are taking Warfarin, especially before any surgery or dental work.
- Get an additional INR blood test within 4-5 days of starting any new medication (Prescription or over-the-counter) or developing a new illness.
- Warfarin, and all medications for that matter, should be kept out of the reach of children.
- If traveling for any length of time, you should discuss your travel plans with your anti-coagulation caregiver.

# Pr Taro-Warfarin

DOSAGE DIARY | MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE							
DATE							
DATE							
DATE							
DATE				NOTES:			