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## WARFARIN (COUMADIN®)

Warfarin (WAR far in) or Coumadin® (COO ma din) is an anticoagulant, or a medicine which makes the blood clot slower. It is sometimes called a blood thinner, but it does not really thin the blood. This medicine keeps blood clots from forming or getting larger. A blood clot can be very harmful.

Coumadin® and warfarin are the same medicine. Coumadin® a common brand name and warfarin is the generic name. Always have the pharmacist give you the same brand of this medicine. If the brands are changed, the dose may need to be adjusted.

**Your child should not take aspirin.** It is best to use Tylenol® if your child has fever or pain. Check with your doctor before using ibuprofen (Advil® or Motrin®) If your child is allergic to Coumadin®, he or she **should not** take this medicine.

**Always** tell other doctors, surgeons, dentists, nurses and pharmacists that your child is taking warfarin.

### REMEMBER

- Make sure you are giving your child the proper dose of warfarin.
- Give the exact dose of medicine that your doctor ordered. The correct amount may be different from the label on the prescription vial.
- It is okay to crush the tablet before giving it to your child.
- Stay with your child until he or she has swallowed the dose of medicine.
- If your child has trouble taking medicine, ask your nurse for the Helping Hand: *Medications: How to Give By Mouth*, HH-IV-28.

<b>DOCTOR'S ORDERS</b>	Child's Name _____ Date _____ Age _____ Weight _____
Give the dose _____ one time a day in the evening.	
<b>OTHER INFORMATION</b> <ul style="list-style-type: none"> <li>▪ This medicine may be given with or without food.</li> <li>▪ It's very important to give the correct amount of warfarin every day as ordered.</li> <li>▪ Your child's dose of Coumadin® is adjusted based on a blood test called a prothrombin time (PT) and INR. This test measures how fast your blood clots. Each patient reacts to this medication differently.</li> <li>▪ Your child will take this medicine by mouth once a day. It is very important to take this medication <b>every day at the same time</b>. It is easier to adjust the dose if the medicine is taken in the evening. You may use a dosage calendar to keep track of warfarin your child takes.</li> </ul>	

## FOOD AND DRUG INTERACTIONS

Foods that have a large amount of vitamin K can decrease the effect of Coumadin® (see list of foods below). Your child should try to eat a steady amount of foods that contain vitamin K (such as lettuce, spinach, broccoli, or liver) while taking this drug. Foods that have a large amount of vitamin K should not be eliminated from your child's diet. Combining this medicine with alcohol can cause an increase in the effect of Coumadin® and can be dangerous. If you have more questions about these interactions, please tell your nurse, and they can contact a pharmacist or nutritionist.

## DRUG INTERACTIONS

Many drugs can increase or decrease the effect of Coumadin® (see list of medicines below). Check with your doctor or pharmacist before taking **any** prescription, over the counter, vitamin or herbal products.

Medicines that increase the PT and INR	Medicines that decrease the PT and INR
Aspirin Alcohol Amiodarone Antibiotics (such as ampicillin, amoxicillin, Bactrim®, Septra®) Diuretics (other than spironolactone) Quinidine Steroids (prednisone) Thyroid Drugs (Synthroid®)	Anticonvulsants (Dilantin®, phenobarbital, Tegretol®) Multivitamins with vitamin K Estrogen (including oral contraceptives) Rifampin Spironolactone Sucralfate
Other things that <b>increase</b> the PT and INR	Other things that <b>decrease</b> the PT and INR
Vomiting and diarrhea Sickness or illness (such as a viral or bacterial infection) Liver disorders Diet very low in Vitamin K	Diet high in vitamin K

Foods that contain a large amount of vitamin K		
Vegetables	Broccoli – raw and cooked Cabbage – raw Cauliflower – raw Garbanzo beans (chickpeas) – dry	Lentils – dry Lettuce – raw Seaweed – dried Soybeans – raw, oil Spinach – raw
Milk	Infant formulas – check the label Special dietary formulas	

## IMPORTANT SAFETY MEASURES

Your child will bruise easier and will bleed longer from cuts. A serious fall or accident may cause internal bleeding in the stomach, head, or bone joints. Bleeding inside the head is very dangerous.

- Your child should avoid sports and activities that may cause injury such as football, lacrosse, and hockey. Your child should not 'head' the ball in soccer. Your child should wear a batting helmet at all times when playing baseball.

**IMPORTANT SAFETY MEASURES, continued**

- Your child must wear a helmet when riding a bike or scooter, inline skating, skate boarding or any activity that has a risk of head injury.
- As babies learn to sit up, crawl, and walk they fall easily and may need to wear a helmet or other safety measure.

**WHAT TO DO IF YOU FORGET TO GIVE A DOSE**

If you forget to give a dose of warfarin, give it as soon as possible on the same day. Do not double the dose the next day. Doubling the dose may cause bleeding. Instead, give the scheduled dose. Tell your doctor or nurse if you miss a dose so your dose will not be changed needlessly. If you have any questions about this, check with your child's doctor, nurse or pharmacist.

**WHAT TO DO IF A DOSE IS VOMITED**

Even if the medicine is vomited (thrown up) right after giving it, some of the medicine may still be in the stomach. Don't repeat the dose unless it's in tablet form, and you can see that the whole tablet was vomited.

**WHEN TO CALL THE DOCTOR**

Call your child's doctor if any of the following occurs:

- If you are unable to have the PT or INR lab tests done at the scheduled time.
- Bleeding from the gums or nose
- Bleeding from cuts or wounds that does not stop
- Coughing up blood
- Vomiting blood or coffee ground like material
- Red or black stools
- Red or dark-brown urine
- Unusually heavy menstrual bleeding, or unexpected bleeding from the vagina
- Easy bruising, purple spots on the skin, black and blue marks
- Faintness, dizziness, or unusual weakness; unable to move a part of the body
- Severe headache or abdominal pain
- Skin rash
- Vomiting or diarrhea for more than 24 hours
- If your child is not able to eat for more than 24 hours
- If your child hits his head hard or has a severe fall.
- Before starting, stopping, or changing the dose of any other medicines. This includes non-prescription medicines, nutritional, or herbal products.

**STORAGE OF MEDICINE**

- Store all medicine out of the reach of children.
- Always keep medicine in the original container from the pharmacy.
- Light and moisture make this medicine less effective. Keep the container tightly closed and store it in a dark, dry place (not in the bathroom or above the kitchen sink).
- When your doctor decides this medicine is no longer needed, flush the remaining medicine down the toilet.

**OTHER INFORMATION**

- Always tell other doctors, surgeons, dentists, nurses and pharmacists that your child is taking warfarin.
- If the patient is planning to become pregnant or is now pregnant, she should discuss this in detail with her doctor since Coumadin® can cause birth defects.
- Tell your child's doctor, nurse, and pharmacist if your child has an unusual or allergic reaction to any medicine.
- If you carry medicine in your purse, keep it in its childproof container and keep your purse out of the reach of children.
- Bring all your child's medicines with you in the original containers whenever your child sees a doctor, goes to an emergency room, or is admitted to the hospital. This helps doctors who may not know your child.
- Learn the name, spelling, and dose of this medicine. Also, teach your child if he is old enough. You will need to know this information when you call your doctor or pharmacist.
- If your child takes too much of this medicine, or if someone else takes this medicine, call the Central Ohio Poison Center at 1-800-682-7625 (TTY 614-228-2272) right away. They will tell you what to do.
- Don't stop giving this medicine or change the amount given without first talking with your child's doctor, nurse, or pharmacist.
- If your child is starting, stopping, or changing any other medicine (including over-the-counter medicines), tell your doctor, nurse, and pharmacist. Many nutritional or herbal supplements change the way warfarin affects the body.
- The doctor has prescribed this medicine for your child only. Don't give it to anyone else.
- Your child should use a soft toothbrush and floss gently. Also, it is best to use an electric razor rather instead of a straight or blade razor.
- You may want your child to wear a medical identification bracelet or necklace (available at many pharmacies). If an emergency occurs, the doctor will need to know that your child is taking this medicine.
- Before your child goes to the dentist, be sure to tell the dentist that your child is taking warfarin and why.
- Tell your child's teacher, school nurse, coach, baby-sitter, and others that your child is taking this medicine and what side effects to watch for.

**FOLLOW-UP APPOINTMENTS**

- Your child will need regular blood tests to measure the PT and INR to make sure that your child is taking the correct dose.
- Write down all your questions as you think of them. Bring this list with you when you see the doctor.

If you have any questions, be sure to ask your child's doctor, nurse or pharmacist.