ANTICOAGULATION MANAGEMENT SERVICE

PATIENT AND FAMILY EDUCATION
**Why do you need warfarin (Coumadin®)?**

- "blood thinner"
- To prevent or treat blood clots

This is how a blood clot might look inside a blood vessel.

Thrombus = Blood Clot
Topics we will review

- Reason
- Warfarin Safety
- Blood Tests
- INR Range
- Side Effects
- Refills

Information we discuss can be found in this Guide for review at home.
Here are common reasons why people take warfarin:

**Heart Problems**
- Afib (atrial fibrillation)
- Artificial heart valves
- Heart attack

**Blood Clots**
- Legs
- Lungs
- Arms

**Stroke**
- Stroke
- TIA (transient ischemic attack)
- Mini-strokes

The location of the clot gives clues to symptoms. See details in Guide & Handout.
Every patient has a primary nurse – your AMS nurse is your ‘warfarin manager’

AMS Office Hours

- Monday – Friday: AMS nurse phone lines answered 8 am – 4 pm
- Weekends & Holidays: An AMS nurse available for emergencies only
The AMS Team
What is your pill color and milligram (mg) strength?

Sample of generic warfarin (Barr Pharmaceuticals, Inc.)

1 mg 2 mg 2.5 mg 3 mg 4 mg 5 mg 6 mg 7.5 mg 10 mg

Sample of generic warfarin (Taro Pharmaceutical Industries)

1 mg 2 mg 2.5 mg 3 mg 4 mg 5 mg 6 mg 7.5 mg 10 mg

Sample of Coumadin®

1 mg 2 mg 2.5 mg 3 mg 4 mg 5 mg 6 mg 7.5 mg 10 mg

Sample of Jantoven®

1 mg 2 mg 2.5 mg 3 mg 4 mg 5 mg 6 mg 7.5 mg 10 mg
How do you get refills?

- Call the doctor who prescribes warfarin
- Get your refill when you have a 2 week pill supply remaining

Know your pill color and mg strength!
THE INR IS THE NAME OF YOUR BLOOD TEST

- INR = International Normalized Ratio
- The goal is to stay in a specified INR range
- It is normal to vary

Your INR range is: _____ to _____
BLOOD TESTS ARE IMPORTANT SO WE KNOW HOW YOUR WARFARIN IS WORKING

- Get your blood test done when asked
- If you get a phone message, email or letter about missing blood tests, CALL the number given
REMINDER CALLS FOR MISSING BLOOD TESTS

- If you missed your blood test date, we will remind you
- Reminder phone calls are made when 2 days late around 6 pm
- This is what the call says:
REMINDER PHONE CALLS IN OTHER LANGUAGES

- Spanish
- Arabic
- Cambodian
- Chinese-Cantonese
- Chinese-Mandarin
- Italian
- Portuguese
- Russian
HOW OFTEN DO YOU NEED BLOOD TESTS?

- When you first start, testing is often.
- Later, it will be less.
- There are many reasons you may be asked to have your blood tested more often.
- You can use a lab located close to you.
- Use this card at any MGH lab.
Be aware of factors that might change your INR

**Medications**
- prescription
- over-the-counter
  - Tylenol
  - Aspirin
- minerals & herbals

**Being sick**
- Nausea, vomiting and/or diarrhea for more than 2 days
- Fever
MORE FACTORS THAT MIGHT CHANGE YOUR INR

Diet

Consistency is best!

Alcohol

1 drink = 12 oz. beer
or 5 oz. wine
or 1.5 oz. liquor
WHAT IF YOU MISS A DOSE?

 Take your regular dose as soon as possible if you remember before midnight
 Never double your dose
 Call your AMS nurse about any missed doses

Helpful Hints:
 Take at same time daily
 Use pill box
How do you know how much warfarin to take?

- We send you a letter or email after each INR.
- Read the letter or email carefully for any changes.
- If you do not receive the letter within 4 days or email 1 day after a blood test, call your AMS nurse.
- If you need a dose change right away, we will call you.
6/5/2014

Dear [Patient Name],

Your test result on **06/05/2014** was **2.4** and your goal INR range is **2.0 - 3.0** (2.5 Target). Your result is **In Range**.

Our records show you use **Warfarin 5 mg strength pills**. Here is your current warfarin (Coumadin®) dose instruction (take the number of pills per day as shown below):

<table>
<thead>
<tr>
<th>Warfarin</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pills 5mg (Peach)</td>
<td>1</td>
<td>½</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Your next test is scheduled for **Thursday 06/16/2014**.

Please call **617-726-2768**, press 1, then option 2 if:

- If you cannot test within 2 days of the above date
- If the laboratory listed at the bottom of this page is not correct
- If you need a new standing order for your laboratory
- If you change your mailing address or phone number
- If your physician, Peter Lloyd Gross MD, no longer prescribes your Warfarin (Coumadin)

All other questions can be directed to your primary nurse **Nathalie Grebert, RN** at **617-643-6614**. Every effort will be made to answer your voice messages promptly.

Thank you for the opportunity to manage your anticoagulation.

Patient's Laboratory is: Wilkens Outpatient Medical Complex - Cape Cod
6/5/2014

Dear [Patient Name],

Your test result on 06/05/2014 was 4.8 and your goal INR range is 2.0 - 3.0 (2.5 Target). Your result is High.

Our records show you use Warfarin 1 mg strength pills. Here is your current warfarin (Coumadin®) dose instruction (take the number of pills per day as shown below):

**Skip 2 days then:**

<table>
<thead>
<tr>
<th>Warfarin</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pills 1mg (Pink)</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

Your next test is scheduled for Monday 06/16/2014.

Please call 617-726-2768, press 1, then option 2 if:

- If you cannot test within 2 days of the above date
- If the laboratory listed at the bottom of this page is not correct
- If you need a new standing order for your laboratory
- If you change your mailing address or phone number
- If your physician, Caroline Birks MD, no longer prescribes your Warfarin (Coumadin)

All other questions can be directed to your primary nurse Kosanne Landrigan, RN at 617-742-3426. Every effort will be made to answer your voice messages promptly.

Thank you for the opportunity to manage your anticoagulation.

Patient's Laboratory is: P MGH & Health Centers
Bleeding is a possible side effect

- Minor
- Requires medical attention
WHEN TO CALL 911
---DANGER SIGNS---

- Chest pain, discomfort in arms, back, neck, or jaw
- Trouble breathing
- Severe headache, confusion or numbness
- Sudden vision changes
- Stroke signs:
  - Fall or injury to your head
  - Throwing up blood (might be bright red or looks like coffee grounds)
  - Bleeding you cannot stop
SAFETY TIPS

- Avoid injury
  - Carry anticoagulant wallet card
  - Wear proper safety gear
Prevent Falls

- Remove hazards
  - Clear clutter from stairs
  - Remove scatter rugs
- Use safety devices
  - Walkers, canes, stair rails
- Improve lighting
  - Night lights
You may need to stop your warfarin a few days before certain procedures

- The doctor who prescribes your warfarin should be the one to provide instructions
- Call your AMS nurse about:
  - Colonoscopy
  - Dental surgery
  - Heart procedures
  - Steroid injection
  - Surgery
TIPS FOR TRAVELING

- Tell your AMS nurse:
  - Dates you plan to be away
  - How we can contact you
- Carry medicines with you
- Do NOT place medicines in checked luggage

Call your AMS nurse if your telephone or address change
PREGNANCY / BREASTFEEDING

- If pregnant, you should **NOT** take warfarin
- Use appropriate form of birth control
- Talk with your doctor to make plans for pregnancy or breastfeeding
Let’s review:

• Why are you taking warfarin?
• What is your INR range?
• What is the strength and color of your warfarin pill?
• What are some factors that affect the INR?
• Who refills your prescription?
• What symptoms require medical attention?

Call your AMS nurse with ANY questions about your warfarin safety
AMS wants you to be actively involved with your care
THE PATIENT AND FAMILY EDUCATION PROGRAM
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Version: June 2014