

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India. The Institute is within the campus of Sri Balaji Medical College and University, which is spread across 36 acres. It has 14 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Dr. Mohammed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards. The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

24 Hr Emergency ☎ 044-6666 7788



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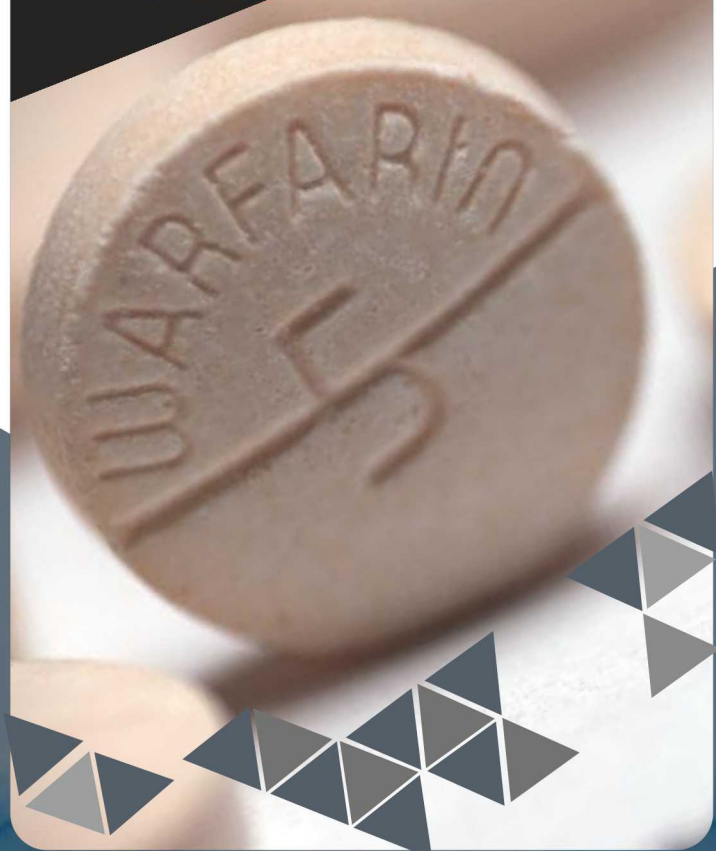
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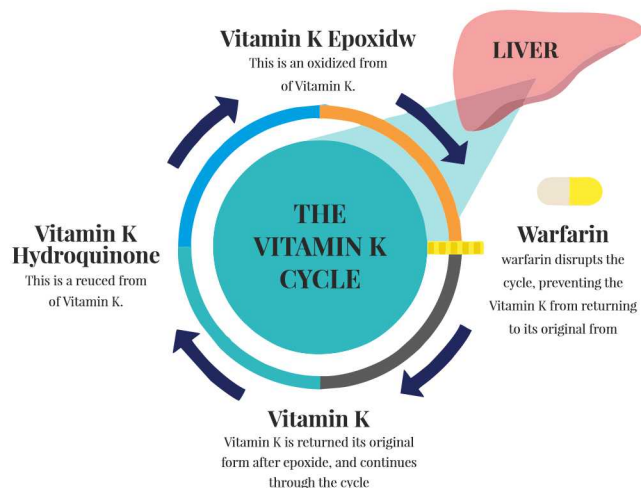


A Patient's Guide to taking **WARFARIN**



**Department of
Liver Transplantation and
Hepato-Pancreatico-Biliary Surgery**

What is Warfarin and how does it work?



- Warfarin is a prescription medication that interferes with normal blood clotting
- Beneficial blood clots prevent or stop bleeding but harmful blood clots can cause a thrombosis of vessels like those supplying the liver post transplantation or shunts created during surgery
- Warfarin decreases the body's ability to form blood clots by blocking the formation of vitamin K-dependent clotting factors, thereby preventing the formation of harmful clots.

Monitoring and Dosing Tips

PT/INR – Prothrombin Time and International Normalised Ratio



- The goal of warfarin therapy is to decrease the clotting tendency of blood, not to prevent clotting completely.
- Therefore, the blood's ability to clot is monitored regularly on the basis of a blood test called Prothrombin Time /International Normalised Ratio Normal (PT/INR).
- Your daily dose of warfarin will be adjusted to keep your PT/INR within a target range.
- The required dose of Warfarin varies greatly among patients. Patients needing a higher dose of Warfarin are not at greater risk of side effects than those requiring lower doses.
- When you first start taking warfarin, you can expect to have your blood checked as often as two to three times per week
- Once your PT/INR is in the prescribed target range then your warfarin dose will become more regular and your blood testing will be done less often, at least once a month.

Do and Donts of Taking Warfarin

- Take your anticoagulant at the same time every day. In our practice ,warfarin dose is usually prescribed as a once daily medication in the evening. This is to enable checking PT/INR in the morning and dose adjustments before the next dose.

- If you miss or skip a dose, contact your doctor or clinic.Do not take a double dose

- Warfarin pills come in different colors, and each color corresponds to a different dose (see graphic below). DO check the tablet strength



- Do not make changes to your warfarin dose without talking to your doctor

While you are taking this medication be sure to keep track of

- Your latest PT/INR value
- The dose of medication you take each day
- The date of your next PT/INR blood test
- Any problems or side effects that you experience
- Any other instructions or other information from your health care provider

Side Effects

MAJOR

- The major complications associated with warfarin are clotting due to underdosing or bleeding due to excessive anticoagulation
- Excessive bleeding can occur in any area of the body, and patients taking warfarin should report any falls or accidents, as well as signs or symptoms of bleeding or unusual bruising, to their doctor IMMEDIATELY
- The most serious bleeding is in the abdomen or in the brain.

MINOR

The most common minor side effect is slight visible bleeding. You may sometimes notice:

- A small amount of bleeding from your gums while brushing your teeth
- Occasional nose bleeds, especially in winter when the air is dry
- Easy bruising
- Bleeding after a minor cut that stops within a few minutes
- Menstrual bleeding that is a little heavier than normal

How You Can Prevent Side Effects

- Use a soft toothbrush
- Shave with an electric razor rather than a blade
- If you are sensitive to dry air, use a humidifier in winter
- Avoid contact sports or activities in which injuries are common
- Eat a regular and nutritious diet and discuss any planned diet changes with your doctor or nurse
- Take care when using sharp objects, such as knives and scissors

Warfarin and Lifestyle

Warfarin and Diet

Foods Rich in Vitamin K may lower your INR result especially when consumed in large amounts . Examples include

Green leafy vegetables



Kale



Spinach



Swiss Chard



Romaine lettuce



Parsley



Asparagus



Broccoli



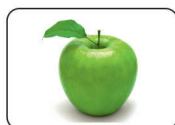
Coleslaw



Brussels sprouts



Avocado



Green Apple



Green Grapes



Kiwi



Limes



Green Pears

There is no right or wrong amount of vitamin K rich foods that you should be taking. It is more important to take in the same amount each day. That way, your INR result will stay consistent.

Warfarin and Lifestyle

Warfarin and Surgery/Dental /Other Medical Procedures

It is important to tell all your healthcare providers that you are taking warfarin. If you are having surgery, dental work, or other medical procedures, you may need to stop taking warfarin and switch to injectable medications.

Warfarin and Alcohol

Alcohol can affect your anticoagulant dose. Keep your alcohol intake at two drinks or less per day and avoid binge drinking

Warfarin and Pregnancy

Warfarin is not recommended during pregnancy. If you are pregnant or have plans to become pregnant while undergoing warfarin therapy you should notify your doctor immediately.

Warfarin and Other Medications

Many medications can alter the effectiveness of warfarin, resulting in an INR that is either too high or too low. This includes over-the-counter (nonprescription) drugs, herbal medicines, vitamins or any other products. When your doctor writes your Warfarin prescription, it is important that he/she is aware of all the medications that you are taking.

Wear Medical Identification

Those who require long-term warfarin should wear a medical alert bracelet, necklace, or carry an information card (as below) at all times. If an accident occurs and the person is too ill to communicate, it will help responders provide appropriate care. The alert should include a list of major medical conditions and the reason warfarin is needed, as well as the name and phone number of an emergency contact.



Patient Information Card

Patient Name :

UHID :

My doctor has prescribed the blood thinner Warfarin because I have :

My dose of Warfarin (WARF) is :

The Target INR Range is :

My INR is monitored and followed by :

When to Call Your Doctor

- Large amounts of noticeable bleeding
- Red, dark, coffee or cola coloured urine
- Bowel movements that are red or look like tar
- Bleeding from the gums or nose that does not stop quickly, within 10 minutes
- Vomit that is coffee coloured or bright red
- Anything red in colour that you cough up
- Bleeding that will not stop bleeding within 10 minutes
- Sudden, unexplained fall or hit on the head
- Sudden, unexplained dizziness or weakness

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