

Understanding warfarin side effects

Bleeding and bruising are the most common side effects of warfarin.

Tips to avoid side effects

- Tell your anticoagulation clinic and any other health care providers all the medications you take. This includes over-the-counter medications, vitamins, and herbal supplements.
- Keep your diet the same. If you plan to make any changes, tell your anticoagulation clinic.
- Avoid alcohol. If interested in drinking, talk with your anticoagulation clinic.
- Remind all your healthcare providers, including your dentist, that you are taking warfarin before any surgeries or procedures.

Call your anticoagulation clinic if you have any of the following symptoms:

- Nosebleeds for longer than 20 to 30 minutes
- Vomit (throw up) that looks like coffee grounds or has bright red blood
- Stools that looks like tar (black and thick) or have bright red blood
- Red or brown colored urine
- Blood in your sputum (spit) after coughing
- A serious fall or head injury
- Sudden and severe headache or stomach pains

For emergencies – If you have non-stop bleeding, call 911 or go to the closest emergency room.

Call your anticoagulation clinic if you have any questions or concerns.