

# What to do when sick while taking warfarin

Getting sick may affect your INR and increase your chances of bleeding.

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

- Fever higher than 101° F
- Chills for more than one day
- Vomiting (throwing up) for more than one day
- Loss of appetite or no eating for more than two days
- Diarrhea for more than one day
- Congestive heart failure that might be getting worse. This includes increased difficulty breathing or walking, sudden weight gain, and swelling in your feet.
- Viral or bacterial infection and you need antibiotics

## What medication can I take if I am sick?

Always call your anticoagulation clinic before starting other medications. This includes prescriptions, over-the-counter medications, vitamins, and herbal supplements.

For fever, headaches, or mild aches and pains, you can take a small amount of acetaminophen (Tylenol®). Do not take more than 2,000mg in 24 hours. You can either take 6 regular strength 325mg tablets or 4 extra-strength 500mg tablets.

## What medications can I not take when sick?

Some medications may increase your risk of bleeding when taking warfarin.

Call your anticoagulation clinic before using any of the following medications:

- Alka-Seltzer®
- Aspirin
- Excedrin®
- Ibuprofen (Advil® or Motrin®)
- Naproxen (Aleve®)
- Pepto-Bismol®