

# Coumadin (Warfarin)

Coumadin is also called Warfarin. This type of medicine is called an anticoagulant or blood thinner. Coumadin helps stop clots from forming in the blood. A blood clot could cause serious problems if it moved to a different part of the body such as the heart, lungs or brain.

The full effect of Coumadin may take 3 to 7 days. Your doctor will use a blood test to adjust your Coumadin dose. The blood test is called an INR (International Normalized Ratio). It measures how long it takes your blood to clot. Your Coumadin dose may be changed to keep the best INR range for your condition. Keep your lab and doctor appointments.

## Take Coumadin As Ordered

- Coumadin comes in tablets to be taken by mouth.
- Your doctor will tell you how much medicine to take. This is your **dose**. Your dose may change based on your blood test.
- Take Coumadin **one time** each day, at the **same time** each day.
- If you forget a dose, **do not** take two doses the next day. Call your doctor if you miss two or more doses.
- Never stop taking your Coumadin unless told to do so by your doctor.
- Keep a supply of medicine so you do not run out. Plan ahead for weekends, holidays and vacations.
- Do not share this medicine with anyone.
- Tell all of your health care providers you are taking Coumadin. This includes your doctors, dentists, nurses, pharmacists and emergency workers.
- Eat your normal diet while taking Coumadin. Do not change the amount of green, leafy vegetables you eat in your diet.
- Check with your doctor before drinking alcohol such as beer, wine and liquor.

# Coumadin (Warfarin)

Kowmadin (Coumadin) waxaa kale oo loo yaqaanaa Warfarin. Dawada noocan ah waxaa loogu yeedhaa xinjirow-la'aan amase dhiig jilcin. Kowmadin waxay kaa caawisaa in ay ka hortagtaa dhiigga guntama. Xinjir ama dhiig guntanku waxay keeni kartaa khatar badan, haddii ay gaadho meelo ka mid ah jidhka sida wadnaha, sambabada amase maskaxda.

Kowmadinta waxa si buuxa loo arkaa astaameheeda 3 ilaa 7 maalmood. Dhakhtarkaagu wuxuu kaa qaadi doonaa dhiig si uu kuugu qiyaaso dawada inta aad uga baahantahay. Baadhitaanka dhiigga waxaa la yidhaahdaa INR (International Normalized Ratio). Waxaanay cabbirtaa ama qiyaastaa wakhtiga dhiiggaagu ku xinjiroobo. Qiyaasta lagaa siinayo Kowmadiinta wuxuu isla beddelaa maxsuulka INR ee xaaladdaada. Samayso ballamaha dhaktarka iyo shaybaadhkaaga.

## U qaado Kowmadinta sida laguugu qorey

- Kowmadin waa kiniin laga qaato afka.
- Dhakhtarkaagu wuu kuu sheegi doonaa inta aad ka qaadanayso. Taasi waa **qiyaastaada**, Qiyaastaasi waxay isla beddeshaa maxsuulka dhiigga lagaa qaaday.
- Qaado Kowmadinta **mar kaliya** maalintii, adoo qaadanaya **isla xilli** maalin kasta.
- Haddaad illowdo maalin, **ha qaadanin** laba qiyaasood maalinta ku xigta. La hadal dhakhtarkaaga haddii aad illowdo laba cisho ama wax ka badan.
- Waligaa ha joojin dawadaada ilaa dhakhtarku sidaas ku faro.
- Dhigo guriga dawo kugu filan si aanay kaaga kala go'in. Sii diyaarso gaar ahaan maalmaha fasaxyada iyo feestooyinka.
- Halla qaybsan dawadan qof kale.
- U sheeg cid kasta oo kuu adeegaysa fayodhowrkaaga inaad qaadanayso dawadan Kowmadin. Dadkaas waxa ka mid ah dhakhtarkaaga kaa gargaara caafimaadka dhakhtarkaaga ilkaha, kalkaaliye caafimaad, framasiiga iyo gargaarayaasha arrimaha degdegga ah.
- Si caadi ah u cun cuntadaada markaad qaadanayso Kowmadin. Ha beddelin inta aad ka qaadato khudaarta qadhaadh.
- Kala tasho dhakhtarkaaga inta aadan cabbin khamri amase alkohool amase biir.

## **Call your doctor or pharmacist if you have:**

- Unusual bleeding
  - Coughing up or vomiting red or brown material that looks like coffee grounds
  - Nose bleeds or extra bleeding from the gums around your teeth
  - Red or black tarry stools
  - Red or dark urine
  - Bruises that appear without injury
  - Bleeding from cuts that do not stop with pressure
  - Very heavy vaginal bleeding or menstrual flow
- Pain, swelling, or discomfort
- Severe headache
- Weakness slurred speech or visual changes
- Nausea, vomiting or diarrhea that lasts more than 24 hours
- Tiredness, fever, chills, sore throat, itching rash or mouth sores
- Any new signs after starting this medicine

## **Precautions**

- Talk to your doctor or pharmacist before taking any new medicines. This includes prescription medicines, over the counter medicines, herbals, food supplements and home remedies. These can make Coumadin not work as it should.
- Coumadin should not be taken during pregnancy. If you think that you are pregnant or may become pregnant, tell your doctor **right away**.
- Avoid sports or other activities that may cause injury like bruising, cuts or serious injury. Report any falls or blows to the head to your doctor **right away**.

**Talk to your doctor or pharmacist if you have any questions or concerns.**

## **La hadal dhakhtarkaaga amase farmiislaha haddii aad isku aragto:**

- Dhiigbax aan caadi ahayn
  - Qufac ama hunqaaco casaan ah ama barown u eeg kafee
  - Sanka oo ku dhiiga amase dhiig dheeri ah oo kasoo baxa cirridka
  - Saxaradaada oo casaata ama madow noqota
  - Kaadidaada oo casaata ama madow noqota
  - Barar iyo dillaac jidka ka soo baxa adiga oo aan dhaawacmin
  - Dhiiga badan oo kaa yimaadda oo ku joogsan waaya cidhiidhiga
  - Dhiig farabadan oo siilka kaa yimaadda ama caadada oo aad u badan
- Xanuun, Barar, iyo Xummad
- Madax xanuun aad u badan
- Itaal darro, hadalka oo kugu adag iyo foolkaaga oo isbeddela
- Yalaalugo, hunqaaco ama calool shuban socda in ka badan 24 saacadood
- Daal Xummad, Qadhqadhyo cuna xanuun, xaako fara badan
- Calamado kugu cusub ilaa markaad dawada bilowday

## **Digniin**

- La hadal dhakhtarkaaga ama farmasiiga inta aadan qaadanin dawo kugu cusub. Waxaa ka mid ah in aad fahanto dawooyinka aan la isla qaadan karin isku mar, cuntada dheeriga ah ee aad u baahantahay. Waa inaad ogaato sida ugu wanaagsan ee Kowmadin kuu anfaci karto.
- Kowmadin lama qaadan karo marka uurka la leeyahay. Haddaad u malaynayso inaad uur leedahay ama aad filayso inaad ilmo caloosha ku qaaddo, **si dhaqso ah** ula hadal dhakhtarkaaga.
- Iska ilaali inaad ciyaaro samayso ama xarakaad kale oo aad ku dhaawacmi karto, isku goyn karto.
- **Si dhaqso ah ugu sheeg** dhakhtarkaaga dhaawac kasta oo kaa gaadha madaxa.

## **La hadal dhakhtarkaaga ama kalkaaliso caafimaad haddaad wax su'aalo ah ka hayso ama shaki ka qabto.**

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center, and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).