

## Over-The-Counter Products

It is important to take all your medication as directed by your doctor and when taking warfarin, sometimes taking over-the-counter medicines can have an unwanted drug interaction.<sup>1</sup> Warfarin is among the leading medications involved in drug interactions, some combinations can lead to either a rise or fall in INR.<sup>2</sup>

Some common over-the-counter medicines can interact with warfarin and may result in low or high INR (International Normalized Ratio) values; this can result in a serious complication. For this reason, it is important to tell your doctor about all over-the-counter medication you are taking or wish to take.

Do not start or stop medications such as aspirin or topical pain relievers without first talking to your doctor.<sup>2</sup> By law, prescription medications must be accompanied by an information sheet to inform patients about the medication, possible side effects and caution against other medications that might cause an unwanted interaction. But,

over-the-counter product labels do not always include all the necessary warnings.

You may also wish to ask your doctor for a list of approved over-the-counter medications and products for colds, fever, allergies, cough, arthritis, and pain relief. You can use this list when shopping for your over-the-counter products.

You should always consult your doctor regarding the use of any over-the-counter medication or product. Some over-the-counter products to look out for when taking warfarin include:

- Herbal Products
- Vitamins
- Weight Loss Products
- Arthritis Products
- Aspirin
- Cough & Cold Medications
- Pain Relievers
- Sports Creams

For more information on over-the-counter products,  
visit **[www.PTINR.com](http://www.PTINR.com)** or call **1-877-262-4669**



WellLife: A guide for living on warfarin  
is brought to you by Alere™ Home Monitoring

1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.  
2. Newman, D. The prevalence of non-therapeutic and dangerous international normalized ratios among patients receiving warfarin in the emergency department. American College of Emergency Physicians, 48, 182-189. 206.