

What to Expect when...You're taking Warfarin

Woman's-healthy warfarin lifestyle

If you've been prescribed warfarin (brand name Coumadin®), one of the first questions you'll be wondering is how warfarin will affect your short and long-term decision making, including raising a family.

Pre-conception

Birth control products can increase the risk of blood clot formation. The choice of oral contraceptive is a decision between you and your healthcare team. Coumadin® and all generic warfarin formulations are inadvisable in women who are or who may become pregnant as warfarin passes through the placental barrier.¹

Pregnancy & anticoagulation

Work closely with your doctor to determine if stopping warfarin (which is the usual practice) and starting unfractionated heparin (UFH) or low molecular weight heparin (LMWH) throughout your pregnancy is the best option for you.¹ Your physician will determine the frequency and choice of heparin to manage your risk of blood clot development.

Postpartum

Women interested in breast feeding may do

so with their physician's guidance. Heparin, low molecular weight heparin and warfarin are not passed on to the breast-fed infant.²

Middle-aged health

Good health includes a healthy diet, quality sleep, exercise and attention to bone health. Consistent dietary vitamin K, D and calcium are important decisions to discuss with your doctor or nurse.

Quality sleep and exercise are important to overall bone health. Calcium intake plays a key role for bone maintenance. Since the body cannot produce its own calcium, you may want to discuss the most appropriate means of meeting your daily calcium and vitamin D needs. Vitamin D helps your body absorb the calcium you eat or drink.

Post-menopause

Fall prevention remains a goal for many post-menopausal women. Maintaining your INR (International Normalized Ratio) in your target range through more frequent INR testing may help keep minor bumps and bruises from becoming more serious injuries. Report all bruises (black and blue areas) to your healthcare provider as this may be a sign of over anticoagulation.

For more information on healthy lifestyle,
visit **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: Bristol-Myers Squibb Company. 2009.
2. Ansell, J., et al. The Pharmacology and Management of the Vitamin K Antagonists: The Seventh ACCP Conference on Antithrombotic and Thrombolytic Therapy. CHEST. 2004.126, 627S-631S.