Generic Name: WARFARIN  
Brand Name: Coumadin®  
Dose:

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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How much and when should I give my child warfarin?  
- Your child’s dose may be different on certain days of the week. Be sure to give the correct dose each day of the week as listed above.
- Warfarin tablets come in 8 different strengths and colors. All have numbers on them and have a line down the middle for easy breaking.
- I should give warfarin at _________________________________.

How does warfarin work?  
- Warfarin is an anticoagulant or “blood thinner”.
- Stops blood clots from forming in blood vessels in the heart and other parts of the body.
- Treats people with mechanical heart valves or abnormal heart rhythms.

How do I give warfarin?  
- Give at about the same time every day.
- Can be given with or without food or liquids.
- Ask your pharmacist how to store this medicine.
- For children who can’t swallow pills:
  - Crush pill.
  - Mix with a teaspoon of juice.
  - Fill syringe with the juice/medicine mixture.
  - Place the tip of the syringe in the side of your child’s mouth.
  - Push the plunger to give the medicine.
  - Keep using the syringe until all the juice/medicine mixture is gone.

What if my child spits up or vomits after taking warfarin?  
- If your child spits up or vomits, DO NOT give another dose right away. Wait until the next time that your child is supposed to take the medicine.
- If your child spits up or vomits two doses in a row, call your child’s heart doctor.

What if my child misses a dose of warfarin?  
- IF IT IS 6 HOURS OR MORE before your child is supposed to take warfarin again, you should give the medicine. Give the next dose at the regular time [see time(s) above].

This information does not discuss all the uses and possible side effects of this medicine. If you have more questions, please call your child’s heart doctor.
• IF IT IS LESS THAN 6 HOURS before your child is supposed to take warfarin again, DO NOT give the medicine. Wait until the next time your child is supposed to take the medicine.
• Call your child’s heart doctor about any missed doses.

What are common side effects of warfarin?
• Diarrhea
• Upset stomach
• Bleeding more easily
• Feeling cold or having chills

Call your doctor if your child has:
• Nausea or vomiting
• Fever
• Skin rash or hives
• Hair loss
• More bruising than usual
• Unusually heavy or unexpected menstruation (periods)
• Unexplained nosebleeds
• Bleeding from gums when brushing teeth
• Heavy bleeding from a cut
  • If your child is bleeding:
    • Stay calm and have your child sit or lie down right away.
    • Press down firmly on the area that is bleeding with a clean, dry cloth and hold for at least 10 minutes without stopping.
    • NEVER tie anything around the part of your child's body that is bleeding (arm, leg, finger, wrist, ankle).
    • If the bleeding does not stop within 15 minutes, take your child to the emergency room.

Go to the emergency room RIGHT AWAY if your child has:
• Bleeding that is very heavy and does not stop within 15 minutes
• A serious fall or accident
• Hit his or her head
• Strange behavior
• Lethargy (unable to wake up or no energy)
• Bloody or pink-colored urine (pee)
• Bloody or black, sticky bowel movements
• Vomiting blood or if vomit looks like coffee grounds
• Purplish or darkened color to the skin
• Sudden, severe (very bad) headache or backache
• Dizziness, weakness or fainting
• Joint swelling or pain

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• Blurry vision or trouble seeing

Sports and activities:
• Your child **CANNOT** play contact sports (football, karate, wrestling).
• Your child **CAN** do regular childhood activities like gym and playing outside **EXCEPT** for contact sports.
• Your child **SHOULD** wear safety equipment:
  • Helmet for bike riding, roller-blading
  • Knee and shoulder pads for roller-blading
  • Seatbelts in cars
• Ask your child’s doctor if you are not sure about a sport or activity.

Diet and nutrition information:
• It is important that your child eats his or her regular diet unless the doctor has given your child a special diet. Foods that are high in Vitamin K (dark green leafy vegetables, green tea drinks) can cause warfarin to be less effective. **DO NOT** change the amount of these foods that your child eats. See below for a list of foods that are high in Vitamin K.
• Some herbal products and teas may interfere with warfarin. Ask your child’s heart doctor before giving your child any herbal product or tea.

FOODS HIGH IN VITAMIN K

The following foods are high in Vitamin K and should not be eaten in large amounts. **DO NOT** change the amounts of these foods that your child usually eats!

**Vegetables:**
Amaranth leaf, asparagus, avocado, broccoli, brussel sprouts, cabbage, cauliflower, chayote leaf, collard greens, endive, escarole, kale, lettuce, mustard greens, nightshade leaf, parsley, purslane, scallion, seaweed (purple), spinach leaf, swiss chard leaf, turnip greens, watercress

**Starches:**
Chickpeas, lentil beans, mung beans, soybeans

**Fats:**
Canola oil, fish oil, mayonnaise, pistachio nuts, soybean oil

**Also:**
Green tea, liver, cranberries and cranberry juice, kiwi, mango

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If you have more questions, please call your child’s heart doctor.
Other important information:

- Regular blood tests known as PT/INR will be needed to make sure your child is taking the correct amount of warfarin. If your child’s blood test results are not within the therapeutic range (the normal range for your child), the doctor may adjust the dose of warfarin.
  - When PT/INR is too high, your child could bleed too easily.
  - When PT/INR is too low, your child could be at risk for blood clots.
- Your child will need to go for blood tests for as long as he or she is taking warfarin.
- Be sure to tell ALL doctors and dentists your child is taking warfarin.
- Tell the doctor if your child is taking other medications, whenever there is a change in medications or if there is a change in your child’s medical condition.
- Your child can take acetaminophen or Tylenol® for fever or pain while taking warfarin.
- **DO NOT** give your child aspirin or ibuprofen while taking warfarin without speaking with your child’s heart doctor.
- Your child should use a soft toothbrush to prevent bleeding from the gums.
- Warfarin can cause birth defects and should not be taken if pregnant.

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