

Atrial Fibrillation Counselling Support Tool

Warfarin

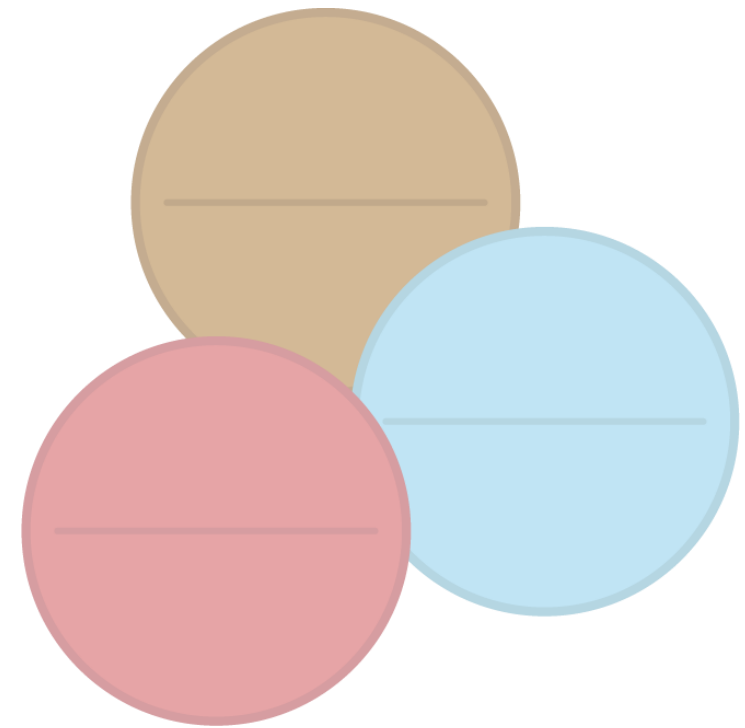


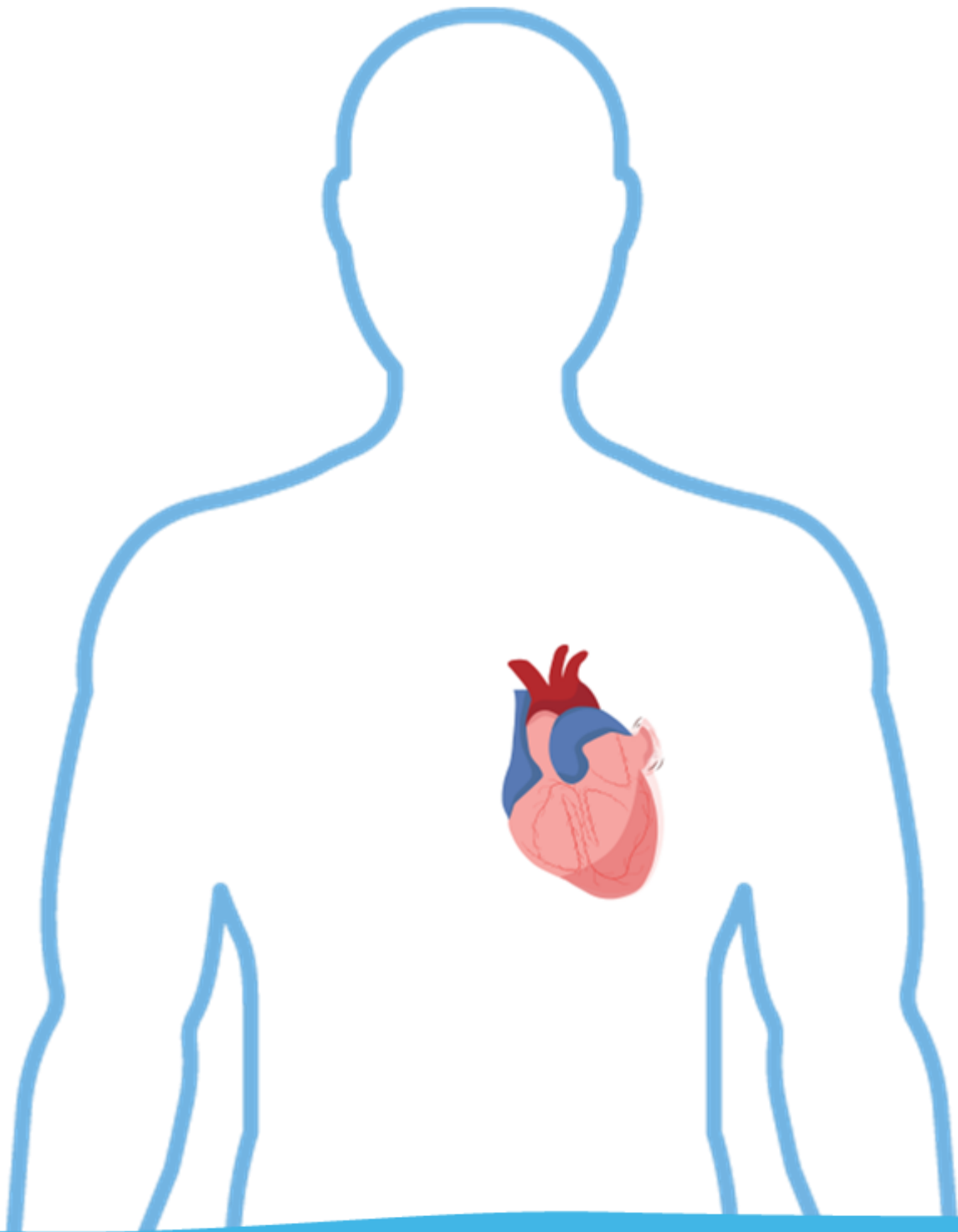
Your new tablet is

Warfarin

It comes in

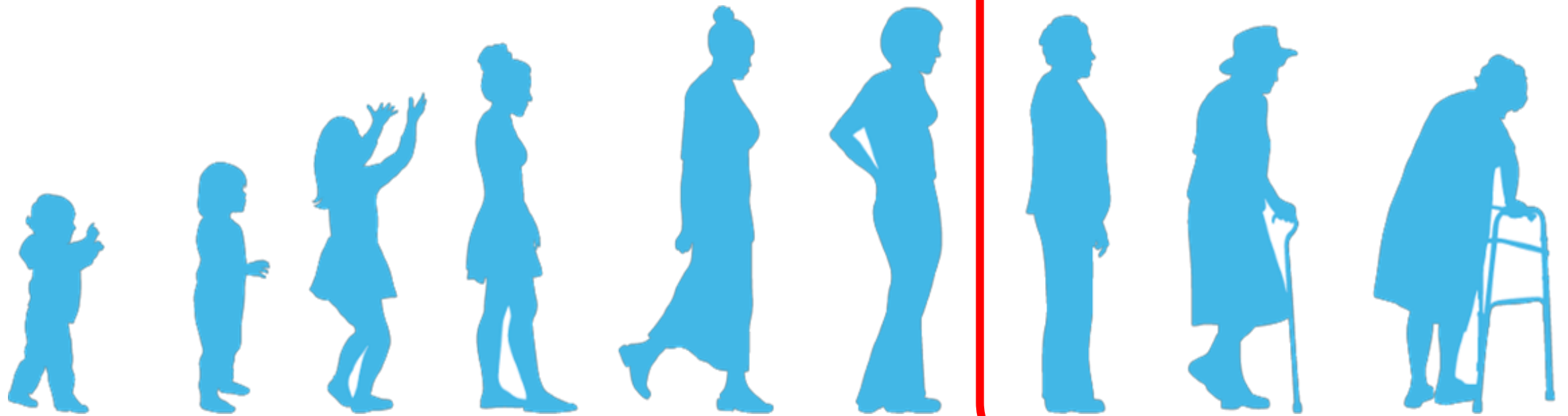
different strengths

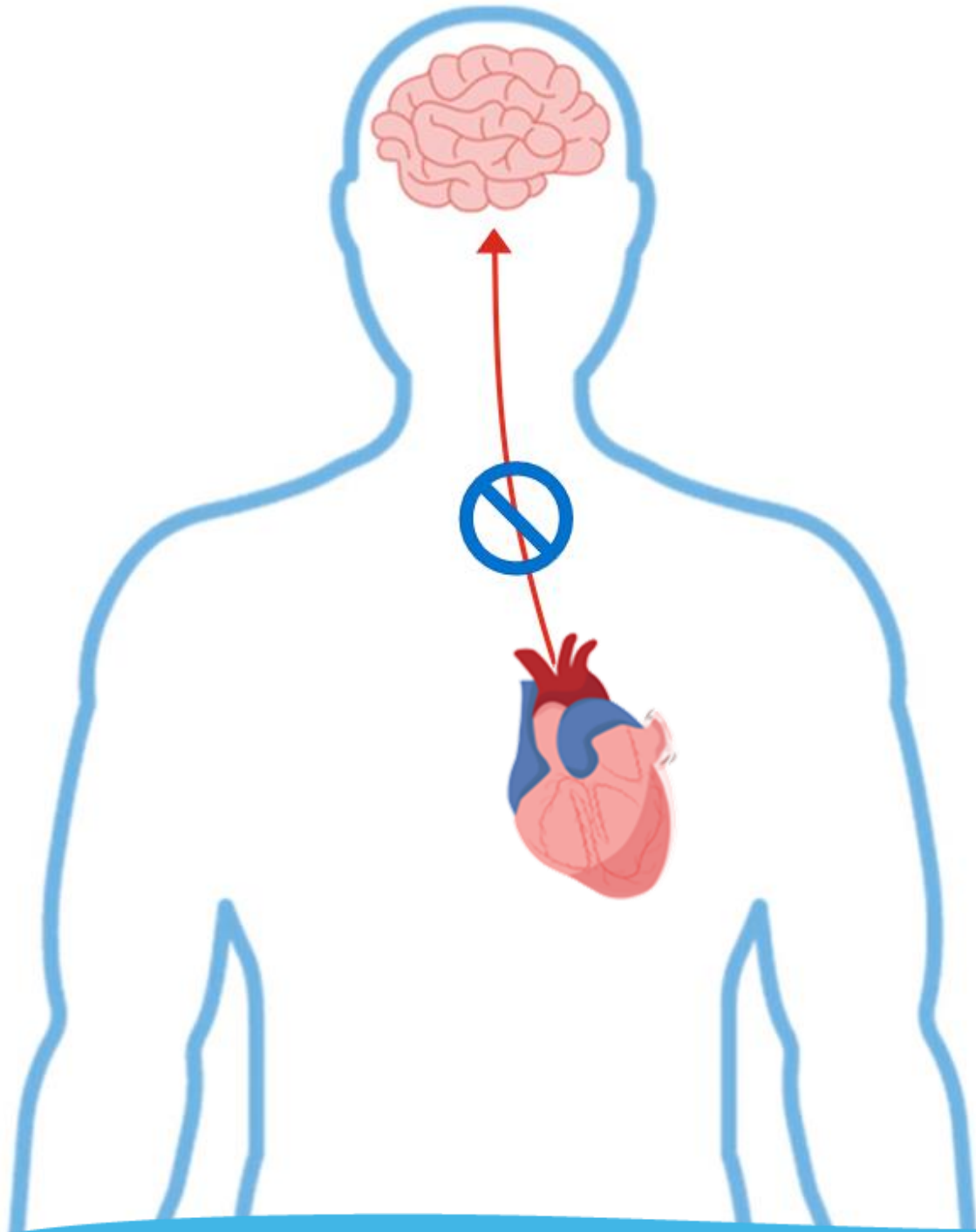




You have been
prescribed
Warfarin
because you have
Atrial Fibrillation
- a type of irregular
heartbeat

Atrial fibrillation is a major cause of stroke, particularly in older people





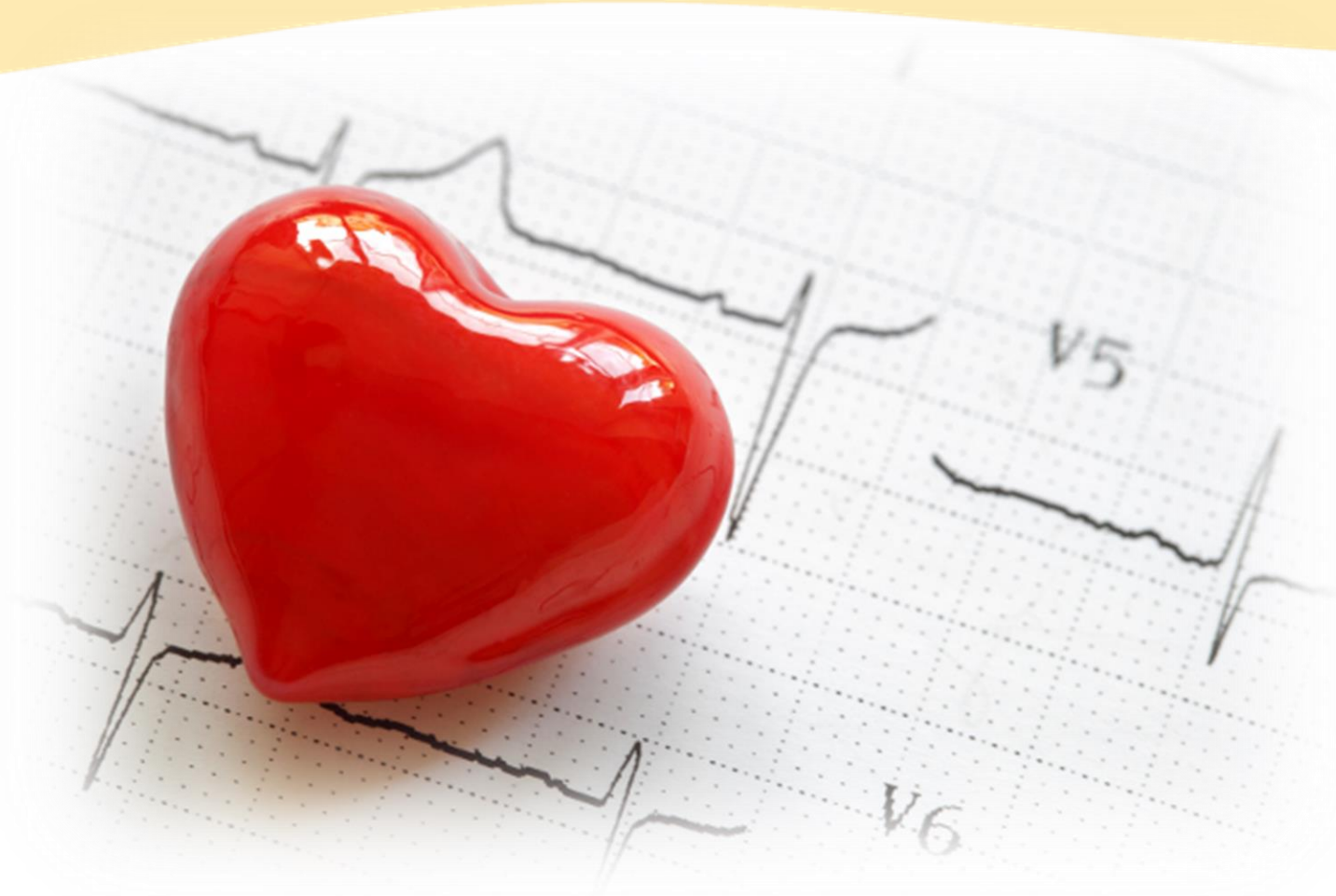
**Atrial fibrillation can
cause blood clots**

**Blood clots can
travel to the brain
and cause a stroke**

**Warfarin stops
most strokes
caused by atrial
fibrillation**



**Most people will take Warfarin for
the rest of their lives**



You will need regular blood tests

Most of these will be finger prick blood tests





The test is “INR”

It shows how much

Warfarin you need

**If you are ill, or you
start any new
medication, you will
need an extra blood
test that week**





Take Warfarin
ONCE a day

Take it with or
without food

Never miss tablets



When will you take **your** Warfarin?



**Warfarin makes
it take longer to
stop bleeding**

If you notice any bleeding
when you use the toilet or if
your poo looks black (tarry)
tell your doctor the same day

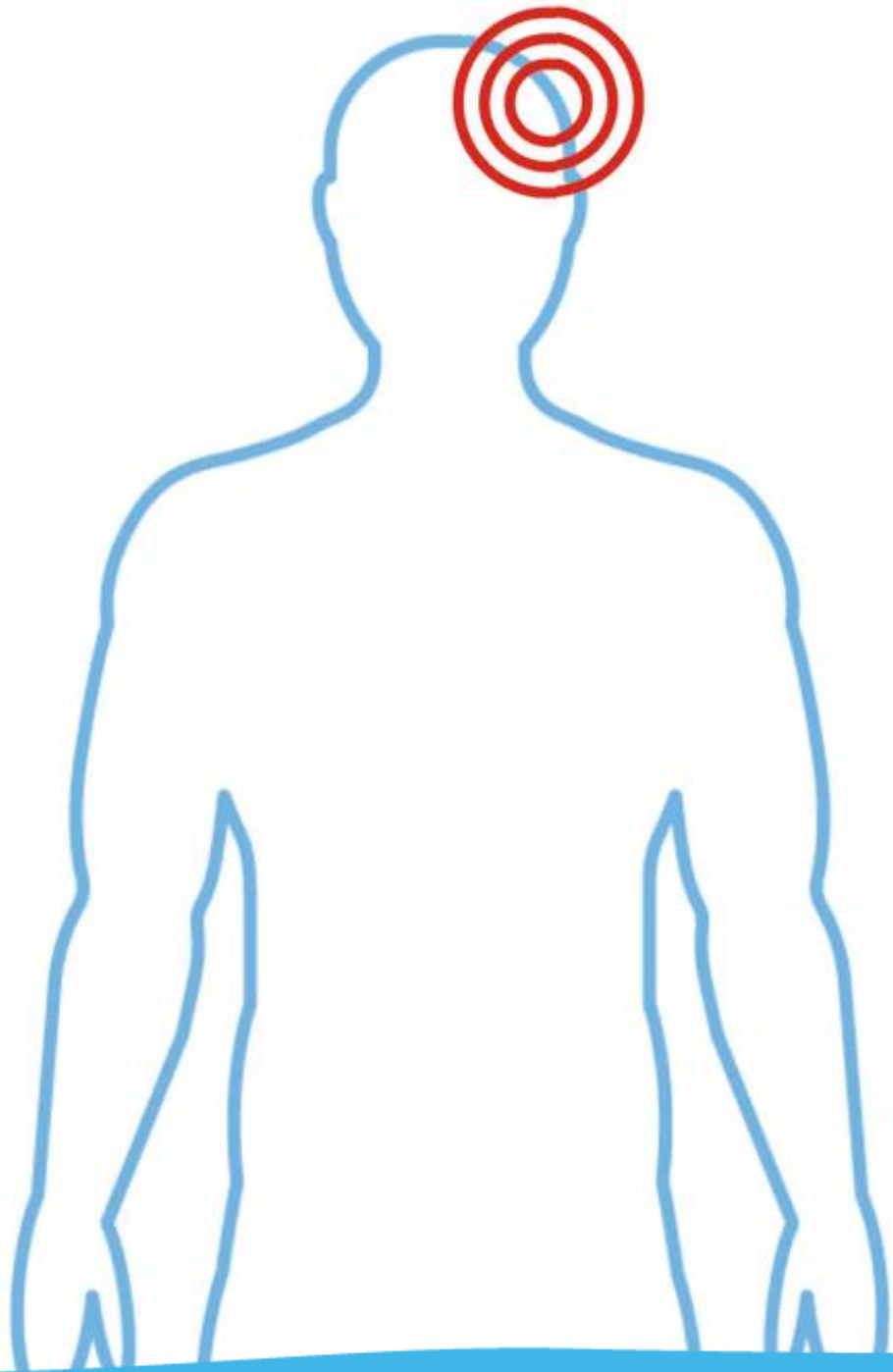
If you have lots of
bleeding seek immediate
medical help





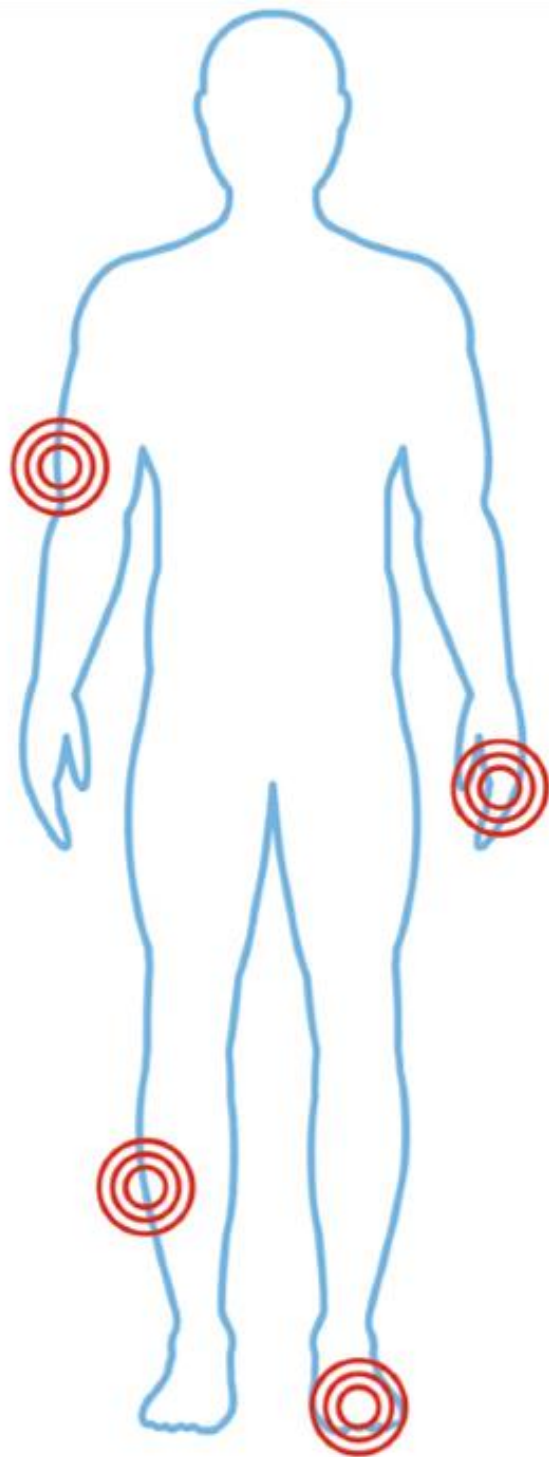
If you are bleeding
badly and it doesn't
stop, seek immediate
medical help

Explain that you are
taking Warfarin



If you hit your head badly seek immediate medical help so that you can be checked for internal bleeding

Explain that you are taking Warfarin



**If you hit any part of
your body badly, seek
immediate medical help so
that you can be checked
for internal bleeding**

**Explain that you are
taking Warfarin**

Always keep your anticoagulant alert card with you

Anticoagulant Alert Card	
This patient is taking anticoagulant therapy This card should be carried at all times and shown to healthcare professionals.	
Name of patient:	
Address:	
Postcode:	Telephone:
Name of next of kin:	
Hospital number:	NHS Number:



All foods are okay

Keep the foods
you eat the same
each week



**Keep the amount
you drink the same
each week**

Do not binge drink



Tell people – Doctor, Nurse, Pharmacist, Dentist that you are taking Warfarin



Ask your Doctor about any new medicines, including over the counter medicines, vitamins and herbal remedies

Paracetamol is OK



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Acknowledgements

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