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
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
Acknowledgements

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• Nina Barnett Consultant Pharmacist, Older People, Medicines Use and Safety Division, NHS Specialist Pharmacy Service and London North West Healthcare NHS Trust