

# Medication Use Instruction Sheet

## 歐服寧<sup>®</sup>錠 (Orfarin<sup>®</sup> 5 mg)

### ■ Name of medication content

Warfarin

### ■ Appearance

Pink color, flat, tablet form; Size: 0.7 cm; Label: [ORN, 18]

### ■ Mechanism of Action

Orfarin<sup>®</sup> tablet is an anti-coagulant, it prevents the formation of blood clots, reduces the risk of vessels occlusion.

### ■ Instructions for Use

1. Maintain the same medication intake time every day as instructed by the doctor.
2. Can be taken before or after meal.
3. If warfarin is taken once daily, take in the morning; if the dose is separated to be taken twice daily, take in one in the morning and evening respectively.

### ■ Precautions

1. Maintain consistent dieting habit and exercise volume.
2. Vitamin K will interfere on the effect of warfarin, please do not have extreme increase or reduce in the intake of vitamin K containing food, such as: green tea, smoked pork, live and green vegetables. (Please refer the table below)
3. Avoid or reduce the intake of alcohol containing drinks, if you are not sure whether the other medications you are taking would have interaction with warfarin, please inform your doctor or pharmacist.
4. Before taking the medication, please inform your doctor precisely on the presence of bleeding problem (condition of abnormal bruises or nose bleed or prolong menses period), diabetes, liver disease, high blood pressure, seizure, arthritis, thyroid function abnormality, drug allergy etc.
5. Please inform your doctor if your are pregnant or planning for a pregnancy.
6. Have routine monitoring of your prothrombin time (PT) or international normalized ratio of prothrombin time (INR).
7. Let all your healthcare providers know that you are on this medication.
8. Avoid doing dangerous activities that could easily lead to external injury.
9. Avoid getting yourself cut; be careful when using tooth brush or razor blade, select soft toothbrush or electronic razor blade.

This sheet does not content complete drug information, if there is any enquiry, please contact your doctor or pharmacist.



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10. Always ensure sufficient medication supply with you, and take your medication according to doctor's instruction.
11. Do not change to different brand of medication on your own.
12. If accidental over intake happens, please inform your doctor or other doctor nearby immediately.
13. If there is abnormal bleeding (such as nose bleeding, sudden darkening of stool color or bleeding during tooth brushing etc.), please inform your doctor or other doctor nearby immediately.

## ■ What to do if you forget to take your medication?

1. If you found that you forget to take your medication, please take the medication as soon as you remember.
2. If it is already close to the time for next dose, please skip this one dose, and take the next dose of medication on time.
3. Remember not to take double dosing in a single medication intake.

## ■ Storage

1. Store in dry area under room temperature, protect from light.
2. Avoid placing the medication at a place approachable by children.
3. Discard expired medication.
4. Do not let others use your medication.

### Reference for vitamin K content in every 100gm of food

| Very high<br>(>200mcg) | High<br>(100-200mcg) | Moderate<br>(50-100mcg) | Low (<50mcg) |               |
|------------------------|----------------------|-------------------------|--------------|---------------|
| Green Cauliflower      | Basil                | Green apple             | Apple        | Potato        |
| Green pea              | Broccoli             | Asparagus               | Avocado      | Rice (Grains) |
| Lettuce                | Canola               | Cabbage                 | Carrot       | Tomato        |
| Liver                  | Chive                | White Cauliflower       | Celery       | Corn          |
| Curl parsley           | Onion                | Mayonnaise              | Oatmeal      |               |
| Spinach                | Cucumber with skin   | Nuts (Pistachio)        | Coffee       |               |
| Red tea (English tea)  | Mustard              | Pumpkin                 | Egg          |               |
| Green Tea              | Soybean oil          |                         | Fruits       |               |

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