

# Essential Warfarin Information

## Important points for Warfarin Control Patients

- ✓ **DO** make sure we can contact you at all times. If you have a mobile keep it switched on, or use a suitable answering service for urgent messages.
- ✓ **DO** contact QML Pathology within 2-3 days if you have not received your dosage instructions
- ✓ **DO** continue on the same warfarin dosage until advised to take differently.
- ✓ **DO** take your warfarin at the same time each day (if you miss a dose but remember within 6 hours then take it otherwise leave it until the next dose time).
- ✓ **DO** remain on the same brand of warfarin.
- ✓ **DO** contact QML Pathology when any medication changes that are for 3 days or longer. Prescribed or over the counter medications, including antibiotics, pain relief, vitamins or herbal medicines, gels or creams.
- ✓ **DO** contact the Warfarin Clinic if you are admitted to, or discharged from hospital.
- ✓ **DO** ask the discharging hospital for warfarin dose instructions before leaving.
- ✓ **DO** ask the discharging hospital to contact the Warfarin Clinic to supply information of your admission. We may not be able to immediately advise you of ongoing warfarin doses if we do not receive this information.
- ✓ **DO** contact the Warfarin Clinic if you are to have any procedures, surgery, dental or otherwise, and advise us of your pre-operative requirements.
- ✓ **DO** ask the doctor who is doing the procedure for post-operative instructions: on when you should recommence your warfarin and whether other anti-coagulant cover is required. Contact the Warfarin Clinic and supply this information so your next test can be planned.
- ✓ **DO** test on or as close to the date recommended by the Haematologist
- ✓ **DO** read "A Guide to Warfarin" pamphlet or see document on the QML Pathology website.

- ✗ **DO NOT** use aspirin or aspirin based products unless ordered by QML Pathology or your doctor.
- ✗ **DO NOT** use aspirin for pain relief. Aspirin is another form of blood thinner.

## Useful Aides

- Note book for recording your doses and next test dates
- For Smartphone users Warfarin APP's may be useful
- Use of alarms or calendars, or a regular activity to prompt you to take your dose
- Tablet Cutters: these can be purchased from your pharmacy. If you do struggle with the half doses notify the Warfarin Clinic to update your file
- Webster Packs/Roll Packs: your nominated pharmacy can pre-pack your medications. QML Pathology will contact them directly to supply your INR, dosage, and next test date.
- Identification Bracelet: this is important should you be involved in a medical emergency.

## Contacting or Communicating with the Warfarin Care Clinic

To contact or communicate with the Warfarin Clinic for any reason; queries, or to supply new information you can do this using one of three options:

- By phone call (limited hours)
- By email
- If you are due to have a blood test then write the new information on your request form. Make sure one of the questions on your request form is marked a "Yes" so the changes will be forwarded to the Warfarin Clinic.

SMS is NOT a current form of communication. It is a means to supply you with your INR, warfarin dose, and next test ONLY.

Always provide your reference number with any communications. Ref:

Always have a pen and paper (or your notebook) ready to record your results if we need to contact you with dosage changes.

## QML PATHOLOGY WARFARIN CLINIC

**1300 661 963** or [warfarincare@qml.com.au](mailto:warfarincare@qml.com.au)

Monday to Friday: 10.00am to 3.00pm

Saturday: 10.00am to 1.00pm