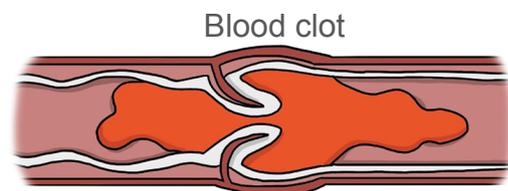




# Warfarin (war-far-in)



Warfarin is an anticoagulant (anti-co-ag-u-lant) medication, it helps:

- Stop blood clots.
- Make sure blood clots don't grow bigger.
- Stop blood clots travelling to other parts of the body.

Our blood will clot when we get a cut, blood clotting is our body's way of stopping the bleeding. It is dangerous if the clot stops blood flowing in our veins or if the clot moves to other parts of the body. There are different brands of warfarin. Perth Children's Hospital gives "Marevan®". It is important to always use the same brand.

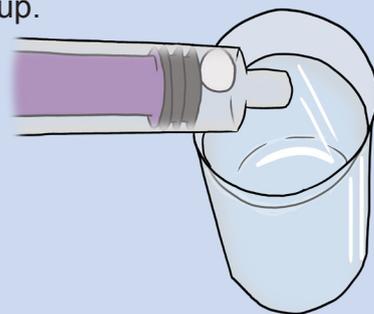
## Medication

- Bub will need to swallow the warfarin tablet if able.
- If bub is old enough let them take control of their medication, keeping an eye on them.
- Don't use expired medication.

The tablet can be dissolved.

The safest way to dissolve a tablet is in a syringe, not on a spoon or cup.

1. Remove syringe plunger.
2. Put tablet in the syringe.
3. Put the plunger back in syringe.
4. Pull up 5mL of water.
5. Let it sit and allow tablet to dissolve.
6. Squirt into bub's mouth.



**In case of overdose call Poisons Information Centre 13 11 26.**

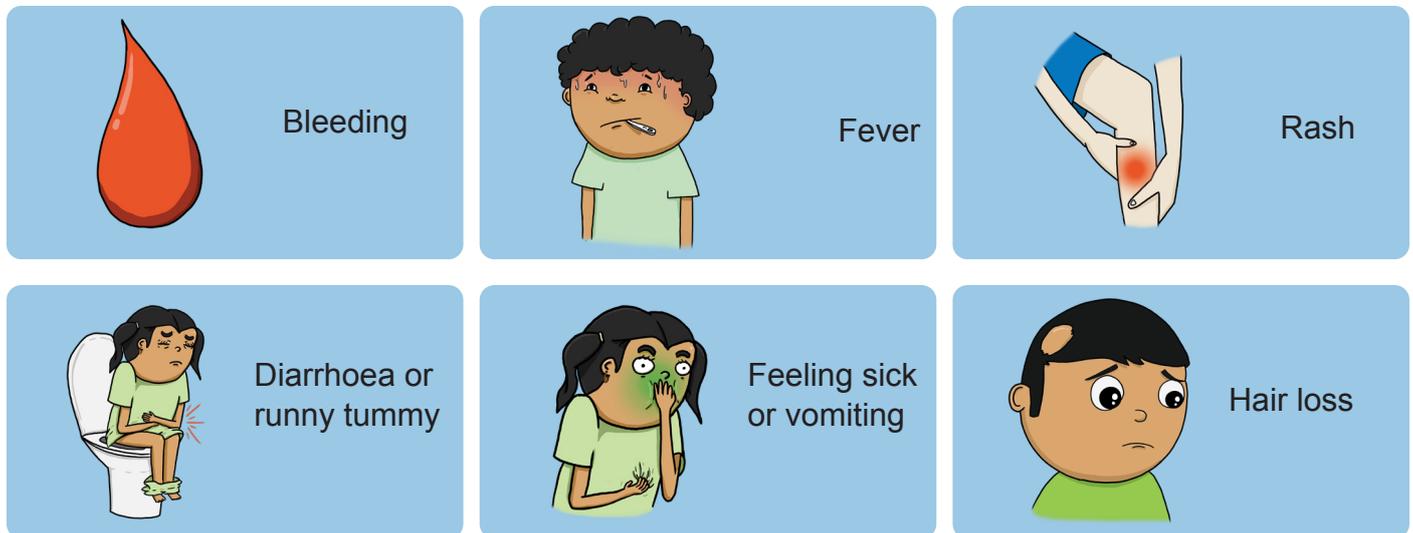
## Use of other medication

- **Don't give** bub other medications including over the counter **aspirin, Nurofen® (ibuprofen), herbal or bush medicine** without talking to a pharmacist or cardiologist (heart doctor) first.
- It is very important to **tell** your **GP, health clinic, dentist and pharmacist** that bub is taking warfarin - they can talk to the Cardiology team if needed.
- If bub misses a dose or vomits after taking warfarin, call **PCH Cardiology Warfarin phone on 0436 595 790.**

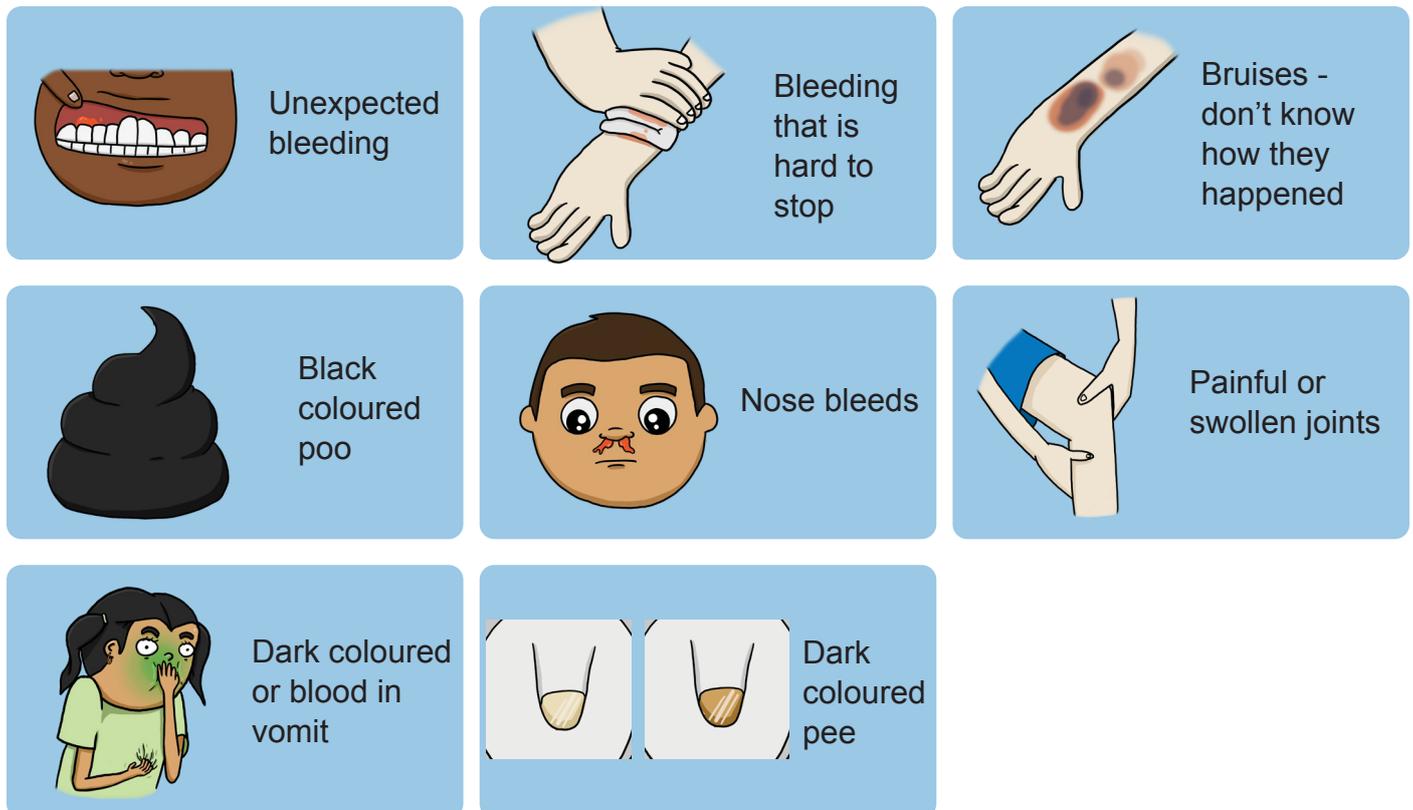
## Storing the medication

- Keep in cupboard out of reach of children.
- Do not keep in damp, warm places like the bathroom or under the kitchen sink. This can stop the medication from working.
- Keep tablets in the original bottles so different strengths do not get mixed up.

## Possible side effects



## Serious side effects



See your GP, health clinic or tell Cardiology team if your bub has any side effect or you are worried.

## Food and drinks

Vitamin K helps with blood clotting; there are some foods that have more Vitamin K. You will need to watch how much bub has of these foods:

- Formula and supplementary milk drinks like Ensure and Sustagen
- Green leafy veggies like lettuce and spinach
- Broccoli
- Cabbage
- Liver
- Mayonnaise
- Chickpeas
- Soymilk
- Soybeans



There are some drinks that will affect bub's warfarin levels.

- Cranberry juice
- Grapefruit juice
- Mango juice

Yarn with your Cardiology dietitian about what bub eats and drinks.

Bub can have these foods and drinks as part of a healthy diet, but it is important to eat them consistently/the same number of times each week.

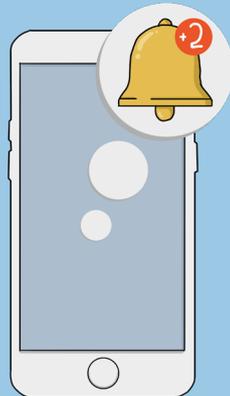
It is important that bub has **dairy** food like **cheese, milk** and **yoghurt** to keep their bones strong.

Warfarin can make bub's bones weak.

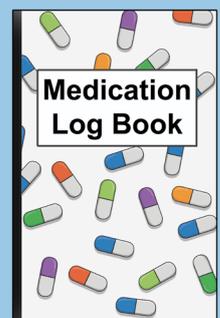
Breast milk has no Vitamin K, if bub is having breastmilk and formula this is ok.

## Important to know

Give warfarin at the same time each night - set phone reminder.



Use a medication box and write down bub's dose, it will help you keep track.



Warfarin can be taken with or without food. If bub has a nasogastric tube or is PEG fed, wait 1 hour after feeding.



There are different brands of warfarin - only use Marevan®. It can take 3 to 5 days of starting warfarin to get to a good level.

Marevan® brand warfarin tables.

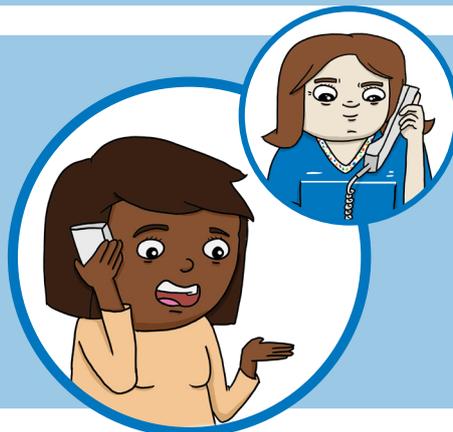
1 mg tablet - Brown 

3 mg tablet - Blue 

5 mg tablet - Pink 

**For teens** - warfarin can cause birth defects if taken while pregnant. If bub is having sex, please yarn to the cardiologist about contraception.

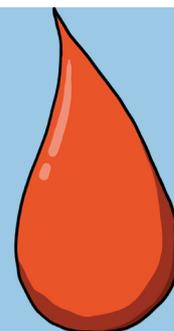
If bub gets sick and **isn't eating much, is vomiting or has diarrhoea for a day or longer**, or on **antibiotics** let the **Cardiology team** know, sickness and other medication can affect the warfarin.



Bub will need to be more careful when playing or with some activities as warfarin increases the risk of bleeding from injuries.

Bub must not play contact sports like AFL footy or play fights with their family.

Yarn with the Cardiology team if you are worried. They can give you a letter for day care or school to let them know bub's condition and risk to help them look after bub.



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**Child and Adolescent Health Service**

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