

General Information About Your Medication

How to Use Your Medication

- Take your medication exactly as your doctor and pharmacist tells you. Too much or too little could be harmful.
- Take your medication at the same times each day.
- Take your medication **even** if you are feeling well.
- Never stop or change the amount of medication without talking to your doctor.

Side Effects

- All medications may cause unwanted actions. These are called side effects.
- Many side effects get better when your body adjusts to the medication.
- Call your doctor if the side effects do not go away or become more severe. Do not stop the medication on your own.

What to do if a Dose is Missed

- Take the medication as soon as you remember.
- If it is almost time for your next dose, skip the missed dose.
- Try to get back on schedule. Take your next dose at the normal time.
- Never double your dose to catch up.

Where to Store Your Medication

- Keep your medicine in the original container or in a medication organizer (Dosett®).
- Keep away from heat or direct light.
- Do not store in the bathroom, near the kitchen sink, or in the fridge. Moisture can cause medication to spoil.

- Keep out of reach of children.
- Do not keep outdated medication. Do not keep any medications you are no longer taking. Your pharmacist will dispose of them properly.

Nonprescription Medication

- There are many medications you can buy without a prescription. These medications may not be suitable for you.
- Some nonprescription medications may make your condition worse. They can also change the way your prescription medications work.
- Always ask your pharmacist for help before you buy any medications.

Herbal Products

- Herbal or “natural” products have become very popular. Little is known about how these products affect heart failure. Some may be helpful. Others may cause harm.
- Herbal products may change the way your medications work.
- If you want to use a herbal product, talk to your doctor and pharmacist before you take anything.
- Never replace your medications with a herbal product.

Other Important Information

- Fill all your prescriptions at the same pharmacy. The pharmacist keeps a record of all your medications.
- Never run out of medication. Call for a refill a few days before you take your last pill.
- Carry a wallet card that lists all medications you are taking.
- Show the wallet card to any doctors and dentists you see. It is important they know the medications you are taking.
- When you travel, make sure you have enough medication to last your trip. Do not put your medication in your checked luggage. It may get lost so carry it with you.

ACE Inhibitors

Name of your ACE inhibitor:

What does this medication do?

ACE inhibitors are a group of medications used to treat congestive heart failure. These medications will control your blood pressure to make it easier for the heart to pump.

ACE inhibitors may also:

- Make you feel less tired and short of breath
- Reduce the time you spend in hospital
- Help you live longer

How should I take this medication?

- If you are taking captopril, take it on an empty stomach. This means one hour before meals or two hours after meals.
- All other ACE inhibitors can be taken with or without food.
- Continue taking your ACE inhibitor even if you do not feel any changes at first. It takes time for this medication to work.

Are there any side effects?

Like any medication, ACE inhibitors may cause side effects. When you begin taking this medication or when the dose is increased, you may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)

These side effects get better as your body adjusts to the medication. If any of these side effects continue or become worse, call your doctor.

Other possible side effects include:

- Skin rash
- Dry cough

Call your doctor immediately if you develop:

- Swelling of the tongue, face, hands or feet
- Fever, chills, or sore throat

Other information:

- Your doctor may order a blood test to check your potassium level and to see how well your kidneys are working.

Amiodarone

Other names: Cordarone®

What does this medication do?

- Amiodarone helps your heart to beat in a regular rhythm. It also prevents your heart from beating too fast. If your heart beats too fast, it does not pump properly.

How should I take this medication?

- Amiodarone can be taken with or without food.
- It is very important that you take the *exact* amount prescribed by your doctor. *Never* take extra tablets.

Are there any side effects?

Like any medication, amiodarone may cause side effects. When you begin taking this medication you may have:

- Upset stomach, vomiting (taking your medication with food can help)
- Constipation (eat more fiber rich foods)
- Loss of appetite
- Headache
- Loss of energy
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)

These side effects should get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Check with your doctor if you have any of these possible side effects:

- Shaking or trembling of hands
- Numbness or tingling in fingers or toes
- Weakness of arms or legs
- Change in sleeping habits
- Sensitivity to heat or cold
- Halos (blue rings) seen around lights
- Grey-blue discoloration of the skin

See your doctor right away if you have:

- A dry cough that does not go away
- Shortness of breath
- Painful breathing
- Weight gain or weight loss of more than 5 kg

Other information:

- While taking this medication, your skin may become more sensitive to the sun. To prevent sunburns:
 - Always use a sunscreen when you go outside. Use one that contains zinc or titanium oxide with a SPF rating of at least 20 or more. Your pharmacist can recommend a good sunscreen for you.
 - Wear a hat and a long sleeved shirt when outdoors.
 - Stay out of the sun during the hottest part of the day.
- Your doctor may start you on a higher dose and slowly reduce it until the best dose for you is reached.
- When you are taking amiodarone, your doctor will want to see you often. Your doctor will do blood tests and other exams, to see how well the drug is working and to check for any side effects. It is very important that you do not miss your appointments.

Amlodipine

Other names: Norvasc®

What does this medication do?

Amlodipine helps prevent angina (chest pain) from occurring. It is also used to control high blood pressure.

How should I take this medication?

- Amlodipine can be taken with or without food.
- Grapefruit juice may affect how this medication works. You may want to drink other juices, like orange juice, instead.

Are there any side effects?

Like any medication, amlodipine can cause side effects. Some common side effects of this medication are:

- Headache
- Flushing of the face
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)
- Swelling of the feet and ankles
- Upset stomach (taking your medication with food can help)

These side effects should get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Atenolol

Other names: Tenormin®, Novo-Atenol®, Apo-Atenol ®, Nu-Atenolol®

What does this medication do?

Atenolol makes it easier for your heart to work by:

- Slowing down the heart rate
- Lowering blood pressure

Atenolol may also:

- Make you feel less tired and short of breath
- Reduce the time you spend in hospital
- Help you live longer

Atenolol is also used to treat angina and to help prevent heart attacks in people who have already had one.

How should I take this medication?

- Atenolol can be taken with or without food.

Are there any side effects?

Like any medication, atenolol may cause side effects. When you begin taking this medication or when the dose is increased, you may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)
- More shortness of breath
- More swelling and bloating
- More tired

These side effects get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Other possible side effects:

- Upset stomach (taking your medication with food can help)
- Diarrhea
- Decreased sexual ability

If you have any of these side effects, and they are bothersome to you, talk to your doctor. Do not stop the medication on your own.

Other information:

- At first, when you begin taking atenolol you may feel worse. ***It takes about three to ten weeks for this medication to work.*** After this time, you should feel better.
- Your doctor will slowly increase your dose. This allows you to adjust to the medication. It does not necessarily mean that your condition is getting worse.
- If you have diabetes, you may feel different when your blood sugar is low (hypoglycemia). You should test your blood sugar more carefully.

Carvedilol

Other names: Coreg®

What does this medication do?

Carvedilol is used to treat congestive heart failure. This medication will make it easier for your heart to work by:

- Lowering your blood pressure
- Slowing down the heart rate

Carvedilol may also:

- Make you feel less tired and short of breath
- Reduce the time you spend in hospital
- Help you live longer

How should I take this medication?

- Carvedilol can be taken with or without food.

Are there any side effects?

Like any medication, carvedilol may cause side effects. When you begin taking this medication or when the dose is changed, you may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol - call your doctor if this continues.)
- More shortness of breath
- More swelling and bloating
- More tired

These side effects get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Other possible side effects include:

- Upset stomach, diarrhea (taking your medication with food can help)
- Skin rash

Other information:

- At first, when you begin taking carvedilol you may feel worse. ***It takes about three to ten weeks for this medication to work.*** After this time, you should feel better.
- Your doctor will slowly increase your dose. This allows you to adjust to the medication. It does not necessarily mean that your condition is getting worse.
- If you have diabetes, you may feel different when your blood sugar is low (hypoglycemia). You should test your blood sugar more carefully.

Digoxin

Other names: Lanoxin®

What does this medication do?

Digoxin is a heart medication that:

- Helps your heart pump stronger
- Slows down the heart rate

Digoxin may also:

- Make you feel less tired and short of breath.
- Reduce the time you spend in hospital

How should I take this medication?

- Digoxin can be taken with or without food.
- It is very important that you take the *exact* amount prescribed by your doctor. *Never* take extra tablets.

Are there any side effects?

Like any medication, digoxin may cause side effects. Call your doctor right away if you have:

- Upset stomach, vomiting
- Diarrhea
- Major loss of appetite
- Weakness
- Blurred vision
- See yellow, green, or white spots around objects

Other information:

- Your doctor may order a blood test to check how much digoxin is in your body.

Enteric Coated ASA

Other names: Aspirin®, Entrophen®, Novasen®, Apo-ASA®

What will this medication do for me?

ASA helps prevent blood clots from forming in your body. This can reduce the chance of having a heart attack or stroke.

How should I take this medication?

- ASA can be taken with or without food.
- Do not cut, crush or chew the tablet. Swallow it whole, with some water. There is a special coating on the tablet to reduce stomach upset.

Are there any side effects?

Like any medication, ASA may cause side effects. Some common side effects are:

- Upset stomach (taking your medication with food can help)
- Heartburn

Call your doctor right away if you have:

- Severe stomach pain
- Vomited blood or material that looks like coffee grounds
- Black or bloody stool
- Swelling of the face or eyelids
- Skin rash or hives
- Difficulty breathing

Felodipine

Other names: Plendil®, Renedil®

What does this medication do?

Felodipine helps prevent angina (chest pain) from occurring. It is also used to control high blood pressure.

How should I take this medication?

- Felodipine can be taken with or without food.
- Do not crush or chew the tablets. Swallow them whole, with some water.
- Grapefruit juice may affect how this medication works. You may want to drink other juices, like orange juice, instead.

Are there any side effects?

Like any medication, felodipine can cause side effects. Some common side effects of this medication are:

- Headache
- Flushing of the face
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)
- Swelling of the feet and ankles
- Upset stomach (taking your medication with food can help)

These side effects should get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Furosemide

Other names: Lasix®, Apo-furosemide®, Novosemide®

What does this medication do?

Furosemide is a diuretic, commonly called a “water pill”. It helps your kidneys get rid of extra fluid and salt from your body. This will:

- Make it easier for your heart to pump
- Make you feel less short of breath
- Reduce swelling and bloating

How should I take this medication?

- Furosemide can be taken with or without food.
- Take your last dose before 5:00 p.m. to avoid having to go to the bathroom during the night.

Are there any side effects?

Like any medication, furosemide may cause side effects. You may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol - call your doctor if this continues.)
- Upset stomach (taking your medication with food can help)
- Dry mouth (you can chew gum, suck on ice chips or hard candies, but do not drink more fluids)
- Skin rash
- Muscle cramps or spasms (see your doctor if they are severe)

If any side effects continue or become worse, call your doctor.

Other information:

- You may have a blood test to check your salt and potassium levels, and to see how well your kidneys are working.
- If your potassium is low, your doctor may prescribe a potassium pill or tell you to eat foods rich in potassium.

Hydrochlorothiazide

Other names: HydroDIURIL®, Apo-Hydro®, Novo-Hydrazide®

What does this medication do?

Hydrochlorothiazide is a diuretic, commonly called a “water pill”. It helps your kidneys get rid of extra fluid and salt from your body. This will:

- Make it easier for your heart to pump
- Make you feel less short of breath
- Reduce swelling and bloating

How should I take this medication?

- Hydrochlorothiazide can be taken with or without food.
- Take your last dose before 5:00 p.m. to avoid having to go to the bathroom during the night.

Are there any side effects?

Like any medication, hydrochlorothiazide may cause side effects. You may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol – call your doctor if this continues)

You may also have:

- Upset stomach (taking your medication with food can help)
- Dry mouth (you can chew gum, suck on ice chips or hard candies but do not drink more fluids)
- Skin rash
- Muscle cramps or spasm (see your doctor if they are severe)

If any side effects continue or become worse, call your doctor.

Other information:

- You may have a blood test to check your salt and potassium levels, and to see how well your kidneys are working.
- If your potassium is low, your doctor may prescribe a potassium pill or tell you to eat foods rich in potassium.

Isosorbide Dinitrate

Other names: Isordil®, Apo-ISDN®, Cedocard SR®

What does this medication do?

Isosorbide dinitrate is used to treat congestive heart failure. It is also used to prevent angina (chest pain) from occurring. Isosorbide dinitrate will make it easier for your heart to work by:

- Lowering your blood pressure
- Increasing the amount of blood that flows through your heart. This will increase the amount of oxygen your heart gets.

How should I take this medication?

- Isosorbide dinitrate can be taken with or without food.
- This medication works best if you take your last dose of the day before _____ p.m.
- If you are taking the long acting tablets, do not crush or chew the tablets. Swallow them whole with some water.

Are there any side effects?

Like any medication, isosorbide dinitrate may cause side effects. Some common side effects of this medication are:

- Headache (if this happens, take acetaminophen (Tylenol®) as directed by your doctor or pharmacist). Headaches usually go away within one week of starting this medication.
- Flushing of the face
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)
- Skin rash

These side effects should get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Isosorbide Mononitrate

Other names: Imdur®, ISMO®

What does this medication do?

Isosorbide mononitrate is used to treat congestive heart failure. It is also used to prevent angina (chest pain) from occurring. Isosorbide mononitrate will make it easier for your heart to work by:

- Lowering your blood pressure
- Increasing the amount of blood that flows through your heart. This will increase the amount of oxygen your heart gets.

How should I take this medication?

- Isosorbide mononitrate can be taken with or without food.
- If you are taking ISMO®, take your last dose of the day before ____ p.m.
- If you are taking Imdur®, do not crush or chew the tablets. Swallow them whole, with some water.

Are there any side effects?

Like any medication, isosorbide mononitrate may cause side effects. Some common side effects of this medication are:

- Headache (if this happens, take acetaminophen (Tylenol®) as directed by your doctor or pharmacist). Headaches usually go away within one week of starting this medication.
- flushing of the face
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)

These side effects should get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Metolazone

Other names: Zaroxolyn®

What does this medication do?

Metolazone is a diuretic, commonly called a “water pill”. It helps your kidneys get rid of extra fluid and salt from your body. This will:

- Make it easier for your heart to pump
- Make you feel less short of breath
- Reduce swelling and bloating

How should I take this medication?

- Metolazone can be taken with or without food.
- Take your last dose before 5:00 p.m. to avoid having to go to the bathroom during the night.

Are there any side effects?

Like any medication, metolazone may cause side effects. You may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol. Call your doctor if this continues.)

You may also have:

- An upset stomach (taking your medication with food can help)
- Dry mouth (you can chew gum, suck on ice chips or hard candies, but do not drink more fluids)
- Skin rash
- Muscle cramps or spasm (see your doctor if they are severe)

If any side effects continue or become worse, call your doctor.

Other information:

- Metolazone is often used together with other water pills.
- You may have a blood test to check your salt and potassium levels, and to see how well your kidneys are working.
- If your potassium is low, your doctor may prescribe a potassium pill or tell you to eat foods rich in potassium.

Metoprolol

Other names: Betaloc®, Lopresor®, Novo-Metoprol®, Apo-Metoprolol®, Nu-Metop®

What does this medication do?

This medication is used to treat congestive heart failure and angina. It is also used to help prevent heart attacks in people who have already had one.

Metoprolol will make it easier for your heart to work by:

- Slowing down your heart rate
- Lowering your blood pressure

Metoprolol may also:

- Make you feel less tired and short of breath
- Reduce the time you spend in hospital
- Help you live longer

How should I take this medication?

- Metoprolol can be taken with or without food.

Are there any side effects?

Like any medication, metoprolol may cause side effects. When you begin taking this medication or when the dose is increased, you may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)
- More shortness of breath
- More swelling and bloating
- More tired

These side effects get better when your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Other possible side effects:

- Upset stomach (taking your medication with food can help)
- Trouble sleeping
- Headache
- Decreased sexual ability

If you have any of these side effects and they are bothersome to you, talk to your doctor. Do not stop the medication on your own.

Other information:

- When you begin taking metoprolol you may feel worse. ***It takes about three to ten weeks for this medication to work.*** After this time, you should feel better.
- Your doctor will slowly increase your dose. This allows you to adjust to the medication. It does not necessarily mean that your condition is getting worse.
- If you have diabetes, you may feel different when your blood sugar is low (hypoglycemia). You should test your blood sugar more carefully.

Nitroglycerin Patches

Other names: Transderm Nitro®, Nitro-Dur®, Minitran®

What does this medication do?

Nitroglycerin patches are used to treat congestive heart failure and to prevent angina (chest pain) from occurring. Nitroglycerin will make it easier for your heart to work by:

- Lowering your blood pressure
- Increasing the amount of blood and oxygen supplied to your heart

When should I use this medication?

- Apply _____ patch(es) each day at _____ and remove the patch(es) at _____.
- Do not leave the patch on longer than directed by your doctor. The medication will not work properly if you do this.

How do I apply the patch?

1. You can apply the patch to any area of the skin above the knees or elbows. It is best to use a hairless area. The skin should be clean, and free of creams, oils or powders. Choose a different spot each day so that your skin does not become red and sore.
2. Carefully tear the pouch open to remove the patch. Do not use scissors as you may cut the patch. The patch will not work properly if it is cut.
3. Remove the liner from the patch, just as you would do if you were going to apply a bandage. Try not to touch the sticky side of the patch.
4. Apply the adhesive (sticky) side to the skin. Press firmly on the patch so that it sticks to your skin. Circle the outside rim of the patch with your finger to secure the patch.
5. Remove the patch each day, at the time your doctor has told you to do so. Fold the patch in half with the sticky side turned inward. Throw the patch away safely so that children or pets cannot reach it.
6. Wash your hands every time after handling the patch.

Are there any side effects?

Like any medication, nitroglycerin patches may cause side effects. Some common side effects of this medication are:

- Headache (if this happens, take acetaminophen (Tylenol®) as directed by your doctor or pharmacist). Headaches usually go away within one week of starting this medication.
- Flushing of the face
- Dizziness or lightheadedness (if this happens, stand up slowly after sitting or lying down and do not drink alcohol)

These side effects get better as your body adjusts to the medication. If any side effects continue or become worse, call your doctor.

Other side effects:

- Itchiness, burning or redness of the skin. This usually goes away a few hours after removing the patch. If it does not, or if it becomes severe, call your doctor.

Other Information:

- The patch should not fall off your skin when you are bathing or swimming. If this does happen, remove the patch and throw it away. Apply a new patch, to a different spot and remove it at the usual time.

Potassium Chloride

Other names: Slow K®, Apo-K®, K-Dur®, Micro – K Extencaps®

What does this medication do?

Potassium chloride is a supplement that is taken when you do not have enough potassium in your body. It can also be used to prevent your potassium level from getting too low. Certain medications, such as water pills (diuretics) can lower potassium levels.

How should I take this medication?

- Take potassium chloride with food.
- If you are taking Slow K® do not crush or chew the tablet. Swallow it whole, with some water. There is a special coating on the tablet to reduce stomach upset.
- If you are taking K-Dur® and cannot swallow the tablet, dissolve the tablet in water, stir well and drink.
- If you are taking Micro-K Extencaps® and cannot swallow the capsule, sprinkle the contents of the capsule onto food and then swallow.

Are there any side effects?

Like any medication, potassium chloride may cause side effects. Some side effects of this medication are:

- Upset stomach, vomiting (taking your medication with food can help)
- Gas
- Stomach cramps
- Diarrhea

Call your doctor right away if you have:

- Black or bloody stool
- Numbness or tingling of your hands, feet or lips
- Confusion
- Nervousness
- Shortness of breath

Other information:

- Do not use salt substitutes such as NuSalt® or Lo-Salt® without first asking your doctor. These contain potassium so you may get more potassium than you need.
- Your doctor may order a blood test to check your potassium level.

Spirolactone

Other names: Aldactone®, Novo-Spiroton®

What does this medication do?

Spirolactone is a diuretic, commonly called a “water pill”. It helps your kidneys get rid of extra fluid and salt from your body. This will:

- Make it easier for your heart to pump
- Make you feel less short of breath
- Reduce swelling and bloating

Spirolactone may also:

- Reduce the time you spend in hospital
- Help you live longer

How should I take this medication?

- Spirolactone can be taken with or without food.
- Take your last dose before 5:00 p.m. to avoid having to go to the bathroom during the night.

Are there any side effects?

Like any medication, spironolactone may cause side effects. You may feel:

- Weak
- Dizzy or lightheaded (if this happens, stand up slowly after sitting or lying down and do not drink alcohol – call your doctor if this continues.)

You may also have:

- Upset stomach (taking your medication with food can help)
- Dry mouth (you can chew gum, suck on ice chips or hard candies but do not drink more fluids)
- Skin rash
- Muscle cramps or spasms (see your doctor if they are severe)
- Swelling and tenderness of the breasts (males and females)

If any side effects continue or become worse, call your doctor.

Other information:

- You may have a blood test to check your salt and potassium levels, and to see how well your kidneys are working.

Statins

The Name of Your Statin is: _____

What does this medication do?

The statins are a group of medications that lower cholesterol and other fats (lipids) in your body. This may reduce your chance of having a heart attack and may help you live longer.

How should I take this medication?

- If you are taking lovastatin (Mevacor®), take the medication with meals.
- All other statins can be taken with or without food.
- These medications work best if they are taken in the evening or at bedtime because your body makes the most cholesterol at night.

Are there any side effects?

Like any medication, the statins may cause side effects. Some common side effects of these medications are:

- | | | |
|------------------|-------------|------------|
| - Constipation | - Heartburn | - Diarrhea |
| - Stomach cramps | - Gas | - Headache |
| - Upset stomach | | |

Many of these side effects get better if you take the medication with food. As your body gets used to the medication, the side effects may go away. Call your doctor if they continue and if they are bothersome.

Call your doctor if you have any of these side effects:

- Muscle aches or cramps
- Unusual tiredness or weakness
- Fever
- Severe stomach pain

Other information:

- It is important that you continue to follow a low fat diet, as prescribed by your doctor or dietitian. The statins are prescribed along with a low fat diet because both are important for controlling cholesterol levels.
- Periodically, your doctor may order a blood test to check the level of cholesterol and other fats in your body.

Warfarin

Other names: Coumadin ®

What does this medication do?

Warfarin is commonly called a “blood thinner”. It helps prevent blood clots from forming in your body.

How should I take this medication?

- Take warfarin once a day at suppertime.
- The amount of warfarin you are required to take may change. Your doctor will adjust your dose based on your needs.

Are there any side effects?

Like any medication, warfarin may cause side effects. It may cause you to bleed more easily. Call your doctor right away if you have:

- Red or dark colored urine
- Black or bloody stool
- Vomited blood or material that looks like coffee grounds
- Severe nosebleeds
- A heavy menstrual flow
- Purplish areas on your skin
- A lot of bruising
- Unusual headaches

Other information:

Blood tests:

Your doctor will order a blood test (called INR) to decide how much medication you need. Your doctor will also decide how often you will need this blood test. After the test, your dose of warfarin may change.

Additional medication:

Do not start taking any other medication until you have talked to your doctor or pharmacist. This includes vitamins, herbal products, aspirin, and pain medication like ibuprofen (Advil® or Motrin®).

Diet:

Certain foods may change the way warfarin works. This includes foods with large amounts of vitamin K, such as green leafy vegetables. Eat the same amount of these foods each week. Do not make sudden changes to your diet.

Alcohol:

Limit your use of alcohol. Alcohol can change the way warfarin works.

Prevent Cuts:

- Use an electric shaver
- Use a soft-bristled tooth brush
- Floss your teeth gently
- Take extra care when using sharp objects
- Wear gloves while gardening

Dentists and other health care professionals:

When booking appointments for dental work, be sure to tell your dentist that you are taking warfarin. Other doctors and health care providers that you see, also need to know you are taking warfarin.

Identification Card:

Ask your pharmacist for a card that says you are taking warfarin. Carry this card in your wallet beside your health care card. You may also want to wear a medical alert bracelet.