








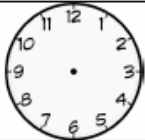






Appendix 1.

The Warfarin Action Plan (WAP)

WARFARIN ACTION PLAN

 <p>Shutterstock</p>	<p>Warfarin is a medicine. It helps to stop clots forming in your blood vessels. Blood clots can block the blood supply in your legs, lungs, heart, or brain and can cause strokes.</p> <p>Find more information at:</p> <ul style="list-style-type: none"> National Prescribing Service (NPS) www.nps.org/warfarin NPS Medicines Line Phone: 1300 633 424
 <p>iStock</p>	<p>Take warfarin ONCE a day.</p> <p>If you forget to take a dose:</p> <ul style="list-style-type: none"> Tell your doctor Take the next dose at your usual time. Do not take an extra dose to make up for the missed dose. <p>Have a routine to remember your dose.</p>
 <p>Shutterstock</p>	<p>Have regular blood tests as advised by your doctor. The blood test is called INR (International Normalised Ratio). It helps your doctor check that your dose is right. If your dose is too low you can get a clot. If your dose is too high you can bleed. After each blood test your doctor may change your dose.</p> <p>Keep a record of your blood (INR) test results and doses using:</p> <ul style="list-style-type: none"> this leaflet (Page 2) NPS Dose Tracker - phone (02) 8217 8700
 <p>Shutterstock</p>	<p>Maintain a balanced diet each day. Eat the same amount of vitamin K rich foods each day to keep your INR stable.</p> <p>Vitamin K is mostly found in green, leafy vegetables such as kale, spinach, broccoli and cabbage. Talk to your doctor or dietician for advice.</p>
 <p>Shutterstock</p>	<p>Tell all of your health providers that you are taking warfarin. This includes your doctor, surgeon, pharmacist, nurse, dentist, dietician and physiotherapist.</p> <p>Carry:</p> <ul style="list-style-type: none"> Identification: <ul style="list-style-type: none"> A MedicAlert bracelet or a warfarin card, in case of an emergency See www.medicalert.org.au or Phone: 1800 88 22 22 An up-to-date medicine list
 <p>Shutterstock</p>	<p>Ask your doctor or pharmacist questions such as:</p> <ul style="list-style-type: none"> What products can affect how my warfarin works? Can I start or stop or change any of my medicines, herbs, vitamins or products from the pharmacy or supermarket? How much alcohol can I drink safely?
 <p>iStock</p>	<p>Call your doctor if you notice any unwanted side effects such as bruising and bleeding (such as nose bleeds)</p> <p>Call your doctor or hospital urgently if you have: bleeding that will not stop a headache, fever, or diarrhoea that does not go away, red or brown urine, red or black stools, coughing up or vomiting blood, difficulty in breathing, unusual pain, purplish toes, a serious fall or injury.</p>

Date plan prepared: / /

My name:			Telephone:		
Doctor Name:			Telephone:		
Pharmacy Name:			Telephone:		
Pathology Name:			Telephone:		
My warfarin is treating:					
I am taking warfarin for:	<input type="checkbox"/> Ongoing treatment <input type="checkbox"/> _____ months		Date warfarin started: ____/____/____		
My target INR range is:	Between _____ and _____		If INR is <u>below</u> range: clot more likely If INR is <u>above</u> range: bleed more likely		
I will take warfarin at:	_____ : _____ <input type="checkbox"/> AM <input type="checkbox"/> PM				Take warfarin at the same time each day with food or no food.
My brand of warfarin is (tick):	<input type="checkbox"/> COUMADIN™		<input type="checkbox"/> MAREVAN™		
The colour and strength of my tablets are (tick):	 Light tan 1mg <input type="checkbox"/>  Lavender 2mg <input type="checkbox"/>  Green 5mg <input type="checkbox"/>		 Brown 1mg <input type="checkbox"/>  Blue 3mg <input type="checkbox"/>  Pink 5mg <input type="checkbox"/>		

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