

To Patients taking *Warfarin*

Please read the following important precautions.

You have been prescribed warfarin as anticoagulant therapy.

To avoid the risk of thrombosis and bleeding and to ensure effective treatment, please take the time to make sure you understand and can abide by the precautions given on the following pages.

When seeking any kind of treatment in other departments or at other hospitals, please inform physicians, dentists, and pharmacists that you are taking warfarin.

1 See your physician at regular intervals while receiving this therapy. Take the drug only as instructed by your physician.

- This is necessary to determine the amount of warfarin appropriate for you.

Ensuring the appropriate dosage requires regular blood tests.

- If you forget to take a dose, take the forgotten dose as soon you realize you've forgotten it.

If this is more than half a day after the missed dosage time, skip the forgotten dose and resume from the next dose, then continue according to the schedule. Never take twice the prescribed amount at the same time.

2 Contact your physician and pharmacist immediately if you mistakenly take a large amount.

3 Consult your physician beforehand in the following cases:

- You plan to undergo surgery or to have a tooth extracted.
- You are prescribed other medications or stop taking other medications.

In particular, consult your physician and pharmacist before taking over-the-counter drugs, including analgesic antipyretic drugs like aspirin or cold medicine.

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Precautions for daily living

- **Avoid tasks or exercise that may lead to injuries. Remain mindful of bruises or other minor injuries that you might otherwise overlook.**

Avoid any activity that would cause injuries.

- **Eat a balanced diet. Try to keep yourself in good condition.**

For example, avoid unusually low- or high-fat diets. Avoid excessive alcohol consumption.

- **Avoid consuming natto, chlorella, or aojiru (green juice). These contain high levels of Vitamin K and may reduce the effectiveness of warfarin.**
- **Contact your physician immediately if you note any unusual symptoms. Examples include bleeding gums, bleeding of unknown origin, or blood in urine or stool.**
- **Take precautions to avoid becoming pregnant while taking this drug. If you wish to become pregnant, consult your physician in advance.**

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Precautions on storing this drug

- Avoid storing this drug in locations exposed to light. Store the drug in locations where it will not be exposed to water or other moisture.
- Keep this drug out of the reach of children.

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When seeking treatment in other departments or at other hospitals

- When seeking treatment after an unexpected accident or for other reasons, always inform other physicians, dentists, and other healthcare practitioners that you are taking warfarin.

To help make compliance easier, tell your family members and others around you about these precautions and ask for their support.

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Write down the contact information for your physician and other important health care practitioners in the space provided below.



Eisai Co., Ltd.

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