

Affix Addressograph label or complete **all** details below:

Full Name

DOB

Hospital Number

NHS Number

GIG  
CYMRU  
NHS  
WALESBwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board

## Warfarin Counselling Checklist

		✓
1	Confirm patient has been given a yellow NHS Oral Anticoagulation Therapy Record Pack with alert card inside.	
2	Warfarin is a medicine that lowers the risk of further blood clot formation or stroke. It is used for the treatment of atrial fibrillation (AF), deep vein thrombosis (DVT), pulmonary embolism (PE), heart valve replacements and some other conditions.	
3	The warfarin dose is variable and has to be monitored by regular blood tests. Confirm the patient understands the arrangements put in place for this and the different strengths and colours of warfarin tablets available.	
4	It is important to take warfarin <b>once daily</b> or its protective effect may be reduced. <b>Never miss</b> any doses unless advised by your doctor or anticoagulant clinic.	
5	<b>If you forget to take warfarin:</b> A forgotten or missed dose should be taken immediately if it is within 6 hours of the usual time; then continue the normal dose the next day. The dose <b>should not</b> be doubled in the same day to make up for a missed dose.	
6	There is a risk of unexplained / spontaneous bleeding with warfarin. You should be aware of signs of bleeding and tell you doctor and anticoagulant clinic immediately if you experience long or excessive bleeding, unusual bruising, nosebleeds, bleeding from gums, exceptional weakness, tiredness, paleness, dizziness, headache or unexplained swelling. Your doctor may decide to keep you under closer observations or change your medicine.	
7	There are side-effects with warfarin which may be seen including, nausea, vomiting, diarrhoea, and rash. For a full list of side effects consult the SPC/ PIL.	
8	Avoid major changes to the diet especially of vitamin K containing foods and avoid cranberry products	
9	Is the patient's current medication appropriate with warfarin including over the counter, vitamins and herbal medicines? Always inform the monitoring clinic of any changes.	
10	Alcohol consumption should not exceed the normal recommend units/ day and binge drinking should be avoided while taking warfarin.	
11	It is important to inform the pharmacist when buying over the counter medicines, or collecting prescription medicines, that you are on warfarin therapy. NB Daktarin (miconazole) oral gel.	
12	Always tell any doctor, dentist, nurse or pharmacist you are on warfarin	
13	<b>Stopping warfarin:</b> Take warfarin as prescribed. Do not stop taking warfarin without first consulting your doctor. Stopping warfarin may increase the risk of you developing a clot or having a stroke.	
14	Women of childbearing potential should avoid becoming <b>PREGNANT</b> during treatment with warfarin.	
15	I have been given the opportunity to ask questions about my warfarin treatment	

Details of Health Professional who provided anticoagulation advice and information:

Name:

Designation:

Signature:

Date:

Patient's signature:

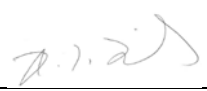
Date:

Once completed the checklist should be filed in the patients notes.

Paper copies of this document should be kept to a minimum and checks made with the electronic version to ensure that the printed version is the most recent.

## Abertawe Bro-Morgannwg University Health Board

### Authorisation Form for Publication onto COIN

COIN ID.	2840
Title.	Warfarin Counselling Checklist
Name and Signature of Author/Chair of Group or Committee.	Duncan Davies
Name and Signature of Lead Pharmacist.	Duncan Davies Pharmacist 
Please specify whether the document is New, Revised or Supersedes a previous version.	New
Please specify the section on COIN where you wish the document to be published.	Anticoagulation
Please sign to confirm that the document has been authorised by an approved governance process in a specialty or delivery unit.	Thromboprophylaxis & Anticoagulant Committee
Is the document relevant to the GP Portal?	No
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(1) All policies need to comply with the Policy for the production, consultation, approval, publication and dissemination of strategies, policies, protocols, procedures and guidelines

(2) Relevant keywords will assist COIN users with searching for documents.