

ANTICOAGULATION CLINIC

INFORMATION

At Lourdes Anticoagulation Clinic, certified anticoagulation therapy professionals provide comprehensive care and education to assist you and your provider with the management of your oral anticoagulant therapy, or warfarin (Coumadin®).

Anticoagulants are medicines that are prescribed specifically to a person with any of the following conditions who may have blood clots, or may be prone to develop blood clots: deep vein thrombosis (DVT), pulmonary embolus (PE), atrial fibrillation, artificial heart valve, hereditary disorders, or stroke.

Your body's response to the medication is monitored by a blood test. At Lourdes Anticoagulation Clinic, we can conduct the blood test right in the office and provide immediate results. Based on these results, the certified nurse will provide further instructions related to your dose of medicine and follow-up.

Other Medications and Anticoagulation

Many drugs increase or decrease the effect of warfarin (Coumadin®), which can result in clots or bleeding. Medications you buy over the counter can also have an adverse effect. It is important to tell your clinic nurse if **any** of your medications are increased,

(over)



decreased, or stopped, or if you have started taking new medicines, vitamins or herbal products.

Diet and Anticoagulation Medication

No specific dietary restrictions are recommended, but you should avoid making substantial changes in your diet. Certain foods contain significant amounts of vitamin K, which counteracts the effects of warfarin. The main source of vitamin K comes from green leafy vegetables. You do not need to avoid foods that contain vitamin K; however, it is important for you not to make major changes in the amount of vitamin K that you eat on a daily basis.

Drinking alcohol can affect warfarin as well. Alcohol can either increase or decrease the effect of warfarin. It is not always predictable. It is best not to have more than one glass of wine, beer or any other alcoholic drink per day; it is even better to avoid alcohol completely.

REMEMBER, KEEP YOUR DIET CONSISTENT.

Clinic Locations

Anticoagulation Clinic Services are offered at the following locations for your convenience:

- Associates in Family Medicine,
105 Ridgehaven Drive, Vestal
- Owego Family Practice,
500 Fifth Avenue, Owego
- Primary Care Associates,
276 Robinson Street, Binghamton
- Primary Care Associates,
20-24 South Washington Street, Binghamton

For more information, call the **Anticoagulation Clinic** at **771-8742**.



607-771-8742 or 1-877-9LOURDES
www.lourdes.com