

# Warfarin (Coumadin<sup>®</sup>)

**UCDAVIS**  
*HEALTH SYSTEM*

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## Lus Qhib

Koj tau pib noj cov tshuaj warfarin (Coumadin®). Thaum koj noj cov tshuaj no koj yuav raug kuaj tsis tu ncu. Koj yuav tau mus kuaj ntshav tsis tseg thiab qhia rau koj tus kws khomob yog muaj lusnug dabtsi. Koj tus kws khomob yuav koomtes nrog koj pab koj thaum koj noj cov tshuaj warfarin.

Thaum koj paub txog cov tshuaj no zoo tuaj lawm, hajyam yoojyim rau koj thiab tus kws khomob sib tawm tswvyim ua ke. Thov nrhiav sijhawm los nyeem txog tej ntaub ntawv hauv phau ntawv no.

## Cov tshuaj warfarin (Coumadin®) yog dabtsi?

Warfarin yog cov tshuaj hu ua anticoagulant. Lolus “Anti” txhais tias tawmtsam thiab lolus “coagulant” txhais tias khov losis ntshav tuag. Qee zaus cov tshuaj no hu ua blood thinner. Cov tshuaj no pab tivthaiv kom txhob muaj ntshav tuag nyob hauv koj tej rojntsha.

## Vim li cas thiaj yuav tau noj warfarin?

Koj lub cev txawjxeeb muaj ntshav tuag losis khov, warfarin yuav tivthaiv kom txhob los ntshav thaum koj to. Qee zaus koj lub cev xeeb tej ntshav tuag uas tsis zoo yuav. Ntshav tuag txawj xeeb rau tej hlabntsha, tej leeg losis tejzaum xeeb rau koj lub plawv losis rau daim nplooj npog lub plawv.

Qee yam uas siv cov tshuaj warfarin yog siv rau:

- Cov mob tuag tes taw mob stroke
- Ntshav tuag txhaws rau tej leeg
- Ntshav tuag txhaws tej hlab ntsws
- Daim nplooj npog lub plawv
- Pobtxha duav losis pobtxha hauvcaug
- Plawv nres
- Muaj kabmob rau cov hlabntsha cov leeg loj

## Kev noj Warfarin

Noj li raug qhia lawm xwb. Ib tug noj txawv ib tug, noj raws li kev kuaj ntshav ntawm tus neeg ntawd uas hu ua INR (International Normalized Ratio) losis protime. Nco ntsoov tias cov tshuaj yuav raug muab txo losis nce kom muajzrog, yuav nce losis txo raws li kev kuaj ntshav. Yuav tsum noj tib lub caij xwb, feem ntau yog thaum tsaus ntuj. Yog hnovqab tabsis tsis tau dhau caij ntev noj kiag thaum nco dheev. Yog twb txog tagkis lawm txhob noj pauj qhov uas hnovqab naghmo thiab qhia rau koj tus kws khomob paub.

## Sim Ntshav

Thaum nyuam qhuav pib noj warfarin yuav tau kuaj ntshav txhua hnuv li ob peb hnuv uake. Thaum tus kws khomob ntsuas tau tias noj li cas haum rau koj lawm, yuav kuaj ntshav tsawg zuj zus lawm.

Kev kuaj ntshav INR yog ntsuas saib cov ntshav tuag khov sai npaum li cas thiab qhia rau kws khomob saib puas tsimnyog txo losis nce cov tshuaj. Yog koj cov ntshav siab heev, tsam ua rau koj los ntshav. Yog ntshav qis heev, tsam koj cov ntshav tuag rov khov ntau tuaj. Koj tus kws khomob yuav npaj homphiaj kom haum rau koj. Vim yog muab raws li qhov kev kuaj ntshav ntawm INR, nws yog ib qho tseemceeb heev uas koj yuav tau mus kuaj ntshav thaum uas kws khomob kom koj mus.

Lub Homphiaj ntawm INR yog\_\_\_\_\_

## Cov cim uas qhia tias noj tsis haum yog zoo li cas?

Noj warfarin tsis muaj dabtsi ua rau yus qaug, tabsis tej tejzaum los ntshav. Tejzaum yuav los ntshav me me txawm koj qhov INR tsis muaj dabtsis txawv.

Tejno xws li:

- Nqaij doo me me
- Pos hniav los ntshav thaum txhuam hniav
- Los ntshav ntswg
- Thaum to qhovtwg yuav ntev li ob peb feeb ntshav thiaj tu

Yog koj mloog zoo li tejam tsis yog lawm tejzaum yog tim warfarin , hu mus rau koj tus kws khomob.

Yog los ntshav hlob hlob xwsl:

- Liab, dub, daj lis zoo li zis
- Tso quav liab liab losis dub dub nplaum nplaum
- Los ntshav tsis tu ntev tshaj 10 feeb
- Ntuav kua dub dub losis liab liab
- Vau thiab tsoo raug tobhau

**YOG PHEEJ LOS NTSHAV HLOB HLOB HU RAU KOJ TUS KWS KHOMOB LOSIS MUS RAU LUB TSEV KHOMOB UAS NYOB ZE NTAWM KOJ.**

## Kuv puas yuavtsum tau hloov kev nojzaub mov?

Nws yog ib qho tseemceeb uas yuav tau noj zaubmov kom xwmyeem, txhob hloov mus hloov los thaum noj warfarin. Warfarin tsis zoo tovxyaw nrog vitamin K (cov vitamin nyob hauv zaubmov), yog li yuav tau xyuas txog cov vitamin K txhua hnuv. Txhob noj ntau ntau losis cia li txwv tsis noj tej zaubmov uas muaj vitamin K (zaub paj tshuab, zaub paj dawb, zaub qhwv, kauvtaum, yub nplooj zaub, thiab zaub ntsuab). Tseemceeb heev tsis txhob noj tshuaj Hmoob losis Suav tej tshuaj txhab ntshav vim tsis paub puas muaj vitamin K thiab warfarin tshwj tsocai los ntawm kws khomob lawm xwb.

Cawv tsis zoo tov nrog warfarin, tabsis tsis tau txhais tias tsis pub haus cawv hlo li. Txhob cia li txwv hlo losis haus cawv ntau tshaj qhov uas koj ib txwm haus.



## Siv Lwmyam Tshuaj

Thaum noj warfarin nrog lwmyam tshuaj, nws yuav ua haujlwm txawv. Nws yog ib qho tseemceeb heev uas nrog koj tus kws khomob tham txog lwmyam tshuaj uas koj noj, xws li-tshuaj yuav uas tsis yog kws khomob sau, tshuaj tivthaiv kabmob, tshuaj txhab ntshav, losis tshuaj ntsuab.

Qee hom tshuaj uas tsis zoo noj tov xyaw warfarin yog:

- Cov tshuaj uas hu ua Aspirin
- Cov tshuaj uas hu ua Ibuprophen (Motrin losis Advil)
- Cov hu ua Naproxen (Aleve)
- Tshuaj txhab nshav Vitamin losis tshuaj ntsuab



Cov tshuaj warfarin (Coumadin®) zoo li cas?

Ua lub & muaj zog	Xim
1mg	Pajyeeb
2mg	Pajyeeb ntsha
2.5mg	Ntsuab
3mg	Dawb muag lia
4mg	Xia
5mg	Xim txiv duaj
6 mg	Ntsuab dawb lias
7.5mg	Daj
10mg	Dawb



Ntsiab lus tseemeeb

- Noj warfarin raws nraim li qhia
- **KUAJ NTSHAV INR RAWS LI TEEM TSEG**
- Saib seb puas pom lubcev qhovtwg los ntshav
- Noj zaubmov kom xwmyeem
- Hu rau koj tus kws khomob yog koj ntsib tejam:
  - Ua tsis taus pa losis mob ceev hauvsiab
  - Hnoos losis ntuav tau ntshav
  - Ntog tsoo sab losis tsoo tobhau
  - Mob, ua dausno, losis mob loj zuj zus tuaj
  - O o losis mob heev heev
  - Qaug qaug zog losis kiv tobhau
- Yog koj hnovqab, TXHOB noj ib npaug (lub) ntxiv qhov tshiab tshwj koj tus kws khomob kom koj noj
- Txhob haus cawv ntau ntau
- Txhob hloov tej yam uas koj ib txwm ua, ua ntej tsis tau nrog koj tus kws khomob tham
- **YOG KOJ XEEBTUB LOSIS NPAJ YUAV XEEBTUB TSIS TXHOB NOJ WARFARIN**