



TMO & YJH MEDICAL, PC

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Anticoagulation Clinic Patient Policy

1. The Anticoagulation Clinic contact is Maureen Westgarth, FNP-BC. To Contact her call the office and leave a message with our medical assistant who answers the office phone. We do understand that this can be confusing for you and that you may have many questions. We want you to be comfortable taking this medication and use it safely.
2. Please take your Coumadin/Warfarin/Jantoven at the same time each day, around dinner time.
3. It is very important that you take your medication as prescribed. If you miss a dose please do not double up. Just take your medication the next day as you normally would.
4. Often physicians will ask you to hold your blood thinner for testing or procedures. If this is the case **PLEASE CONTACT OUR OFFICE AS SOON AS YOU KNOW THIS.** We will decide if this is safe for you to do. Please do not stop taking your blood thinner without speaking to this office first.
5. We request that you have your routine INR testing done on schedule, a minimum of one blood test a month. This will help us keep you safe.
6. Please call the office if you have been started on an antibiotic, pain pill, Prednisone, Amiodarone or sulfa drugs by another physicians office. Many of these drugs can interact with your blood thinner & you may need to have your blood tested sooner.
7. Please do not start taking any new vitamins or herbal supplements without contacting the office first. Many herbal products can interact dangerously with Coumadin/Warfarin/Jantoven.
8. Please do not change your diet. Green vegetables can be eaten in moderate amounts and in a consistent amount from week to week.
9. Please consider buying a medical alert bracelet or necklace that states you are on anticoagulants (blood thinners). They start at about \$29; A good source is American Medical ID 1-800-363-5985.
10. Please call the office if you have any questions or concerns. Please keep in mind that we will call you if we need to adjust your dose of medication or change the date of your next test. If you do not hear from us after you have your blood test done you should remain on your current Coumadin/Warfarin/Jantoven dosage and have another blood test in four (4) weeks from your last lab test. YOUR BLOOD TESTS SHOULD NEVER BE MORE THAN 4 WEEKS APART.