Rx only

COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline is distributed by: Bristol-Myers Squibb Company
Princeton, New Jersey 08543 USA

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THIS BOOKLET IS ABOUT A PRESCRIPTION MEDICINE CALLED COUMADIN

Please read this booklet because it answers many questions you may have about this medicine.

The first half of this booklet is the Medication Guide. It is the same Medication Guide that comes with your prescription for COUMADIN. It’s important to read it before you start taking COUMADIN. Whenever you refill COUMADIN, be sure to read the Medication Guide that comes with each refill. It may have new information.

The second half of this booklet has additional information about COUMADIN. This booklet does not take the place of talking to your healthcare provider about your medical condition or treatment. You and your healthcare provider should talk about COUMADIN when you start taking it and at regular checkups.

COUMADIN (Warfarin Sodium Tablets, USP) Crystalline

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Keep this handy card in your wallet or purse.
The card serves 3 important purposes:
1. Shows the different dosages of COUMADIN
2. Alerts your healthcare provider that you are taking COUMADIN
3. Includes important information for emergencies

Instructions: 1. Detach along dotted lines 2. Write in information

I am taking the prescription drug COUMADIN (Warfarin Sodium). Please immediately tell this to anyone providing medical care to me.

NAME
BIRTH YEAR
WEIGHT
BLOOD TYPE
O.RHER MEDICATIONS/CONDITIONS

In an emergency, please notify:
NAME
RELATIONSHIP
ADDRESS
PHONE

COUMADIN (Warfarin Sodium Tablets, USP) Crystalline

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www.COUMADIN.com

Bristol-Myers Squibb

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WARNING: Warfarin increases the risk of bleeding. Be sure to read the patient information that comes with COUMADIN before you start taking it. Keep a copy in your wallet or purse.

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WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT COUMADIN?

COUMADIN can cause bleeding which can be serious and sometimes lead to death. This is because COUMADIN is a blood thinner medicine that lowers the chance of blood clots forming in your body.

You may have a higher risk of bleeding if you take COUMADIN and:

- are 65 years of age or older
- have a history of stomach or intestinal bleeding
- have high blood pressure (hypertension)
- have a history of stroke, or "mini-stroke" (transient ischemic attack or TIA)
- have serious heart disease
- have a low blood count or cancer
- have had trauma, such as an accident or surgery
- have kidney problems
- take other medicines that increase your risk of bleeding, including:
  - a medicine that contains heparin
  - other medicines to prevent or treat blood clots
  - nonsteroidal anti-inflammatory drugs (NSAIDs)
- take warfarin sodium for a long time. Warfarin sodium is the active ingredient in COUMADIN.

Tell your healthcare provider if you take any of these medicines. Ask your healthcare provider if you are not sure if your medicine is one listed above.

Many other medicines can interact with COUMADIN and affect the dose you need or increase COUMADIN side effects. Do not change or stop any of your medicines or start any new medicines before you talk to your healthcare provider.

Do not take other medicines that contain warfarin sodium while taking COUMADIN.
Get your regular blood test to check for your response to COUMADIN. This blood test is called an INR test. The INR test checks to see how fast your blood clots. Your healthcare provider will decide what INR numbers are best for you. Your dose of COUMADIN will be adjusted to keep your INR in a target range for you.

Call your healthcare provider right away if you get any of the following signs or symptoms of bleeding problems:

- pain, swelling, or discomfort
- headaches, dizziness, or weakness
- unusual bruising (bruises that develop without known cause or grow in size)
- nosebleeds
- bleeding gums
- bleeding from cuts takes a long time to stop
- menstrual bleeding or vaginal bleeding that is heavier than normal
- pink or brown urine
- red or black stools
- coughing up blood
- vomiting blood or material that looks like coffee grounds

Some foods and beverages can interact with COUMADIN and affect your treatment and dose.

- Eat a normal, balanced diet. Talk to your healthcare provider before you make any diet changes. Do not eat large amounts of leafy, green vegetables. Leafy, green vegetables contain vitamin K. Certain vegetable oils also contain large amounts of vitamin K. Too much vitamin K can lower the effect of COUMADIN.

Always tell all of your healthcare providers that you take COUMADIN.

Wear or carry information that you take COUMADIN.

See “What are the possible side effects of COUMADIN?” for more information about side effects.

WHAT IS COUMADIN?

COUMADIN is prescription medicine used to treat blood clots and to lower the chance of blood clots forming in your body. Blood clots can cause a stroke, heart attack, or other serious conditions if they form in the legs or lungs.

It is not known if COUMADIN is safe and effective in children.

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WHO SHOULD NOT TAKE COUMADIN?

Do not take COUMADIN if:

- your chance of having bleeding problems is higher than the possible benefit of treatment. Your healthcare provider will decide if COUMADIN is right for you. Talk to your healthcare provider about all of your health conditions.
- you are pregnant unless you have a mechanical heart valve. COUMADIN may cause birth defects, miscarriage, or death of your unborn baby.
- you are allergic to warfarin or any of the other ingredients in COUMADIN. See the end of this leaflet for a complete list of ingredients in COUMADIN.

WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE TAKING COUMADIN?

Before you take COUMADIN, tell your healthcare provider if you:

- have bleeding problems
- fall often
- have liver or kidney problems
- have high blood pressure
- have a heart problem called congestive heart failure
- have diabetes
- plan to have any surgery or a dental procedure

- have any other medical conditions
- are pregnant or plan to become pregnant. See “Who should not take COUMADIN?”
- are breast-feeding. You and your healthcare provider should decide if you will take COUMADIN and breast-feed.

Tell all of your healthcare providers and dentists that you are taking COUMADIN. They should talk to the healthcare provider who prescribed COUMADIN for you before you have any surgery or dental procedure. Your COUMADIN may need to be stopped for a short time or you may need your dose adjusted.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way COUMADIN works. Certain medicines may increase your risk of bleeding. See “What is the most important information I should know about COUMADIN?”

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

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HOW SHOULD I TAKE COUMADIN?

- Take COUMADIN exactly as prescribed. Your healthcare provider will adjust your dose from time to time depending on your response to COUMADIN.
- You must have regular blood tests and visits with your healthcare provider to monitor your condition.
- If you miss a dose of COUMADIN, call your healthcare provider. Take the dose as soon as possible on the same day. Do not take a double dose of COUMADIN the next day to make up for a missed dose.
- Call your healthcare provider right away if you:
  - take too much COUMADIN
  - are sick with diarrhea, an infection, or have a fever
  - fall or injure yourself, especially if you hit your head. Your healthcare provider may need to check you

WHAT SHOULD I AVOID WHILE TAKING COUMADIN?

- Do not do any activity or sport that may cause a serious injury.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF COUMADIN?

COUMADIN may cause serious side effects including:

- See “What is the most important information I should know about COUMADIN?”
  - Death of skin tissue (skin necrosis or gangrene). This can happen soon after starting COUMADIN. It happens because blood clots form and block blood flow to an area of your body. Call your healthcare provider right away if you have pain, color, or temperature change to any area of your body. You may need medical care right away to prevent death or loss (amputation) of your affected body part.
  - “Purple toes syndrome.” Call your healthcare provider right away if you have pain in your toes and they look purple in color or dark in color.

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

These are not all of the side effects of COUMADIN. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

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WHAT ARE THE INGREDIENTS IN COUMADIN?

Active ingredient: Warfarin Sodium

Inactive ingredients: Lactose, starch, and magnesium stearate. The following tablets contain:

- 1 mg: D&C Red No. 6 Barium Lake
- 2 mg: FD&C Blue No. 2 Aluminum Lake and FD&C Red No. 40 Aluminum Lake
- 2-1/2 mg: D&C Yellow No. 10 Aluminum Lake and FD&C Blue No. 1 Aluminum Lake
- 3 mg: FD&C Yellow No. 6 Aluminum Lake, FD&C Blue No. 2 Aluminum Lake, and FD&C Red No. 40 Aluminum Lake
- 4 mg: FD&C Blue No. 1 Aluminum Lake
- 5 mg: FD&C Yellow No. 6 Aluminum Lake
- 6 mg: FD&C Yellow No. 6 Aluminum Lake and FD&C Blue No. 1 Aluminum Lake
- 7-1/2 mg: D&C Yellow No. 10 Aluminum Lake and FD&C Yellow No. 6 Aluminum Lake

Keep COUMADIN and all medicines out of the reach of children.

GENERAL INFORMATION ABOUT COUMADIN

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use COUMADIN for a condition for which it was not prescribed. Do not give COUMADIN to other people, even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about COUMADIN. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about COUMADIN that is written for healthcare professionals.

If you would like more information, go to WWW.COUMADIN.COM or call 1-800-321-1335

The Medication Guide has been approved by the U.S. Food and Drug Administration.

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HOW DOES COUMADIN WORK?

Your liver makes clotting factors that help form blood clots and prevent bleeding. Vitamin K is essential in this process.

Some blood clots can cause serious medical problems. COUMADIN blocks the formation of these clotting factors, lowering the chance of blood clots developing in your body.

Your doctor will perform INR blood tests to monitor how COUMADIN is working. The INR test checks how fast your blood clots.

HOW OFTEN DO I HAVE MY BLOOD TESTED?

Initially, your doctor may perform daily blood tests until your INR range stabilizes. After the INR is stabilized at the level determined by your doctor, additional blood tests may be performed every 1 to 4 weeks. Your INR should also be determined prior to any dental or surgical procedures and whenever any other medications are started or discontinued.

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**Q** WHAT ARE SOME THINGS THAT CAN MAKE MY INR RESULTS CHANGE?

**A** Some prescription and over-the-counter drugs, as well as certain foods and herbal products, can increase or decrease your ability to clot, which affects your INR. This is why it is important to be aware of potential interactions of COUMADIN with medicines and food.

**Drug Interactions**

In the front pocket of this brochure you will find the full Prescribing Information for COUMADIN. Section 7 includes specific examples of drugs that may interfere with the effects of COUMADIN. Your doctor may review this section with you, but since these examples are not all-inclusive, it is important to tell your doctor all of the drugs that you are taking.

You should also tell all your healthcare providers that you are taking COUMADIN, as this may affect your treatments for other medical conditions.

**Herbal Products**

Many different common herbal products can interact with COUMADIN and change the way it works in your body. These herbal products have several common and scientific names. In addition, their potency (or strength) may vary from one brand to another. These products and their variations affect the potential interaction with COUMADIN.

Some herbal products, including garlic and ginkgo supplements, can increase the effects of COUMADIN. Other herbal supplements, including St. John’s wort, co-enzyme Q10, and ginseng, may decrease the effects of COUMADIN.

It is important to talk to your doctor about any herbal products you are taking. Additional INR monitoring may be required for any herbal products that you start or stop taking.

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Q. **IF MY HEALTHCARE PROVIDER TELLS ME TO STOP TAKING COUMADIN, HOW LONG WILL THE BLOOD-THINNING EFFECTS CONTINUE?**

A. If your healthcare provider stops your COUMADIN therapy, the anticlotting effect may last for about 2 to 5 more days.

Q. **DO I HAVE TO PAY ATTENTION TO THE VITAMIN K IN MY DIET?**

A. Too much vitamin K can lower the effect of COUMADIN, so it is important to keep your vitamin K intake as consistent as possible. Sudden increases or decreases may affect your response to COUMADIN.

Q. **HOW CAN I MAINTAIN CONSISTENT LEVELS OF VITAMIN K IN MY DIET?**

A. Be aware of how much vitamin K is in the foods you eat. It is important to eat a normal, balanced diet. Large amounts of leafy, green vegetables, in addition to certain vegetable oils, contain high amounts of vitamin K. Talk to your healthcare provider before you make any diet changes.

Q. **HOW DO I KNOW HOW MUCH VITAMIN K IS IN THE FOODS I EAT?**

A. The US Food and Drug Administration recommends a daily intake of 80 micrograms of vitamin K, based on a 2000-calorie diet. This amount is called the Daily Value (DV). The total amount of vitamin K you consume may vary from day to day; it may be higher or lower than the recommended 80 micrograms.

The table on the next page can help you identify certain foods with vitamin K, ranked in order from highest to lowest vitamin K content. A more detailed list is available at the US Department of Agriculture website at www.usda.gov. Search for the National Nutrient Database for Standard Reference.

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### More About COUMADIN®

#### Foods

<table>
<thead>
<tr>
<th>Foods</th>
<th>Portion</th>
<th>Vitamin K Content* (Micrograms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>1147</td>
</tr>
<tr>
<td>Kale, cooked, boiled</td>
<td>1 cup</td>
<td>1062</td>
</tr>
<tr>
<td>Collards, frozen, chopped, cooked, boiled</td>
<td>1 cup</td>
<td>1059</td>
</tr>
<tr>
<td>Spinach, frozen, chopped or leaf, cooked, boiled</td>
<td>1 cup</td>
<td>1027</td>
</tr>
<tr>
<td>Spinach, canned</td>
<td>1 cup</td>
<td>988</td>
</tr>
<tr>
<td>Spinach, cooked, boiled</td>
<td>1 cup</td>
<td>888</td>
</tr>
<tr>
<td>Turnip greens, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>851</td>
</tr>
<tr>
<td>Collards, cooked, boiled</td>
<td>1 cup</td>
<td>836</td>
</tr>
<tr>
<td>Beet greens, cooked, boiled</td>
<td>1 cup</td>
<td>697</td>
</tr>
<tr>
<td>Dandelion greens, cooked, boiled</td>
<td>1 cup</td>
<td>579</td>
</tr>
<tr>
<td>Turnip greens, cooked, boiled</td>
<td>1 cup</td>
<td>529</td>
</tr>
<tr>
<td>Mustard greens, cooked, boiled</td>
<td>1 cup</td>
<td>419</td>
</tr>
<tr>
<td>Brussels sprouts, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>300</td>
</tr>
<tr>
<td>Broccoli, cooked, boiled</td>
<td>1 cup</td>
<td>220</td>
</tr>
<tr>
<td>Brussels sprouts, cooked, boiled</td>
<td>1 cup</td>
<td>219</td>
</tr>
<tr>
<td>Onions, spring or scallions</td>
<td>1 cup</td>
<td>207</td>
</tr>
</tbody>
</table>

#### Vitamin K Content* (Micrograms)

<table>
<thead>
<tr>
<th>Foods</th>
<th>Portion</th>
<th>Vitamin K Content* (Micrograms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce, butterhead (includes boston and bibb ), raw</td>
<td>1 head</td>
<td>167</td>
</tr>
<tr>
<td>Parsley, fresh</td>
<td>10 sprigs</td>
<td>164</td>
</tr>
<tr>
<td>Cabbage, cooked, boiled</td>
<td>1 cup</td>
<td>163</td>
</tr>
<tr>
<td>Broccoli, frozen, chopped, cooked, boiled</td>
<td>1 cup</td>
<td>162</td>
</tr>
<tr>
<td>Noodles, egg, spinach, cooked, enriched</td>
<td>1 cup</td>
<td>162</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>1 cup</td>
<td>145</td>
</tr>
<tr>
<td>Asparagus, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>144</td>
</tr>
<tr>
<td>Lettuce, iceberg (includes crisphead), raw</td>
<td>1 head</td>
<td>130</td>
</tr>
<tr>
<td>Endive, raw</td>
<td>1 cup</td>
<td>116</td>
</tr>
<tr>
<td>Broccoli, raw</td>
<td>1 cup</td>
<td>89</td>
</tr>
<tr>
<td>Okra, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>88</td>
</tr>
<tr>
<td>Lettuce, green leaf, raw</td>
<td>1 cup</td>
<td>71</td>
</tr>
<tr>
<td>Fast foods, coleslaw</td>
<td>3/4 cup</td>
<td>70</td>
</tr>
<tr>
<td>Plums, dried (prunes), stewed</td>
<td>1 cup</td>
<td>65</td>
</tr>
<tr>
<td>Okra, cooked, boiled</td>
<td>1 cup</td>
<td>64</td>
</tr>
<tr>
<td>Peas, green (includes baby and lesions), canned</td>
<td>1 cup</td>
<td>63</td>
</tr>
<tr>
<td>Cowpeas (blackeyes), immature seeds, frozen</td>
<td>1 cup</td>
<td>63</td>
</tr>
</tbody>
</table>

* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 24, as of 9/28/11. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K.

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<table>
<thead>
<tr>
<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie crust, cookie-type, prepared from recipe, graham cracker, baked</td>
<td>1 pie shell</td>
<td>59</td>
</tr>
<tr>
<td>Cabbage, chinese (pak-choi), cooked, boiled</td>
<td>1 cup</td>
<td>58</td>
</tr>
<tr>
<td>Lettuce, cos or romaine, raw</td>
<td>1 cup</td>
<td>57</td>
</tr>
<tr>
<td>Celery, cooked, boiled</td>
<td>1 cup</td>
<td>57</td>
</tr>
<tr>
<td>Bread crumbs, dry, grated, seasoned</td>
<td>1 cup</td>
<td>55</td>
</tr>
<tr>
<td>Cabbage, raw</td>
<td>1 cup</td>
<td>53</td>
</tr>
<tr>
<td>Beans, snap, green, canned</td>
<td>1 cup</td>
<td>53</td>
</tr>
<tr>
<td>Broccoli, cooked, boiled</td>
<td>1 spear</td>
<td>52</td>
</tr>
<tr>
<td>Rhubarb, frozen, cooked, with sugar</td>
<td>1 cup</td>
<td>51</td>
</tr>
<tr>
<td>Cucumber, with peel, raw</td>
<td>1 large</td>
<td>49</td>
</tr>
<tr>
<td>Peas, edible-podded, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>48</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>1 leaf</td>
<td>48</td>
</tr>
<tr>
<td>Cabbage, savoy, raw</td>
<td>1 cup</td>
<td>48</td>
</tr>
<tr>
<td>Asparagus, frozen, cooked, boiled</td>
<td>4 spears</td>
<td>48</td>
</tr>
<tr>
<td>Cowpeas (blackeyes), immature seeds, cooked, boiled</td>
<td>1 cup</td>
<td>44</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables, mixed, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>43</td>
</tr>
<tr>
<td>Blueberries, frozen, sweetened</td>
<td>1 cup</td>
<td>41</td>
</tr>
<tr>
<td>Fast foods, taco with beef, cheese and lettuce, hard shell</td>
<td>1 large</td>
<td>40</td>
</tr>
<tr>
<td>Peas, edible-podded, boiled</td>
<td>1 cup</td>
<td>40</td>
</tr>
<tr>
<td>Pumpkin, canned</td>
<td>1 cup</td>
<td>39</td>
</tr>
<tr>
<td>Peas, green, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>38</td>
</tr>
<tr>
<td>Fish, tuna, light, canned in oil, drained</td>
<td>3 oz</td>
<td>37</td>
</tr>
<tr>
<td>Carrot juice, canned</td>
<td>1 cup</td>
<td>37</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>1 cup</td>
<td>35</td>
</tr>
<tr>
<td>Sauce, pasta, spaghetti/marinara, ready-to-serve</td>
<td>1 cup</td>
<td>35</td>
</tr>
<tr>
<td>Mung beans, mature seeds, sprouted, raw</td>
<td>1 cup</td>
<td>34</td>
</tr>
<tr>
<td>Soybeans, mature cooked, boiled</td>
<td>1 cup</td>
<td>33</td>
</tr>
<tr>
<td>Broccoli, raw</td>
<td>1 spear</td>
<td>31</td>
</tr>
<tr>
<td>Onions, spring or scallions (includes tops &amp; bulb), raw</td>
<td>1 whole</td>
<td>31</td>
</tr>
<tr>
<td>Sauerkraut, canned, solids and liquids</td>
<td>1 cup</td>
<td>31</td>
</tr>
</tbody>
</table>

* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 24, as of 9/28/11. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K.

Please see Important Safety Information on pages 27-31 and accompanying full Prescribing Information, including Boxed WARNING regarding bleeding risk, in front pocket.
## Foods and Vitamin K Content

<table>
<thead>
<tr>
<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwifruit, green, raw</td>
<td>1 medium</td>
<td>31</td>
</tr>
<tr>
<td>Asparagus, cooked, boiled</td>
<td>4 spears</td>
<td>30</td>
</tr>
<tr>
<td>Tomato products, canned, paste</td>
<td>1 cup</td>
<td>30</td>
</tr>
<tr>
<td>Asparagus, canned</td>
<td>4 spears</td>
<td>30</td>
</tr>
<tr>
<td>Vegetables, mixed, canned</td>
<td>1 cup</td>
<td>30</td>
</tr>
<tr>
<td>Blackberries, raw</td>
<td>1 cup</td>
<td>29</td>
</tr>
<tr>
<td>Mung beans, mature seeds, sprouted, cooked, cooked, boiled</td>
<td>1 cup</td>
<td>28</td>
</tr>
<tr>
<td>Blueberries, raw</td>
<td>1 cup</td>
<td>28</td>
</tr>
<tr>
<td>Cabbage, red, raw</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>Pie crust, standard-type, prepared from recipe, baked</td>
<td>1 pie shell</td>
<td>27</td>
</tr>
<tr>
<td>Leeks, (bulb &amp; lower leaf-portion), cooked, boiled</td>
<td>1 cup</td>
<td>26</td>
</tr>
<tr>
<td>Fast foods, taco with beef, cheese and lettuce, hard shell</td>
<td>1 small</td>
<td>26</td>
</tr>
<tr>
<td>Pickles, cucumber, dill or kosher dill</td>
<td>1 pickle</td>
<td>25</td>
</tr>
<tr>
<td>Plums, dried (prunes), uncooked</td>
<td>5 prunes</td>
<td>25</td>
</tr>
<tr>
<td>Artichokes, (globe or french), cooked, boiled</td>
<td>1 cup</td>
<td>25</td>
</tr>
<tr>
<td>Grapes, red or green</td>
<td>1 cup</td>
<td>23</td>
</tr>
</tbody>
</table>

* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 24, as of 9/28/11. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K.

**Please see Important Safety Information on pages 27-31 and accompanying full Prescribing Information, including Boxed WARNING regarding bleeding risk, in front pocket.**
IMPORTANT SAFETY INFORMATION

COUMADIN® (warfarin sodium) can cause bleeding which can be serious and sometimes lead to death.

You may have a higher risk of bleeding if you take COUMADIN and:

- are 65 years old or older
- have a history of stomach or intestinal bleeding
- have high blood pressure (hypertension)
- have a history of stroke, or “mini-stroke” (transient ischemic attack or TIA)
- have serious heart disease
- have a low blood count or cancer
- have had trauma, such as an accident or surgery
- have kidney problems
- take other medicines that increase your risk of bleeding, including:
  - a medicine that contains heparin
  - other medicines to prevent or treat blood clots
  - non-steroidal anti-inflammatory drugs (NSAIDs)
- take warfarin sodium for a long time. Warfarin sodium is the active ingredient in COUMADIN.

### FOODS

<table>
<thead>
<tr>
<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eclairs, custard-filled with chocolate glaze</td>
<td>1 eclair</td>
<td>18</td>
</tr>
<tr>
<td>Beans, snap, green, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>Beans, snap, yellow, frozen, cooked, boiled</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>Cauliflower, cooked, boiled</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>Cucumber, with peel, raw</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>Raspberries, frozen, red, sweetened</td>
<td>1 cup</td>
<td>16</td>
</tr>
<tr>
<td>Cauliflower, raw</td>
<td>1 cup</td>
<td>16</td>
</tr>
<tr>
<td>Candies, white chocolate</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Salad dressing, home recipe, vinegar and oil</td>
<td>1 tbsp</td>
<td>15</td>
</tr>
<tr>
<td>Nuts, pine nuts, dried</td>
<td>1 oz</td>
<td>15</td>
</tr>
<tr>
<td>Beans, kidney, red, mature seeds, cooked, boiled</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Carrots, raw</td>
<td>1 cup</td>
<td>15</td>
</tr>
</tbody>
</table>

* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 24, as of 9/28/11. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K
IMPORTANT SAFETY INFORMATION (continued)

Call your doctor or seek immediate medical care if you have any of the following signs or symptoms of bleeding:

- pain, swelling, or discomfort
- headaches, dizziness, or weakness
- unusual bruising (bruises that develop without known cause or grow in size)
- nosebleeds or bleeding gums
- bleeding from cuts takes a long time to stop
- menstrual bleeding or vaginal bleeding that is heavier than normal
- pink or brown urine; red or black stools
- coughing up or vomiting blood; or vomiting material that looks like coffee grounds

Do not take COUMADIN if:

- your chance of having bleeding problems is higher than the possible benefit of treatment. Your healthcare provider will decide if COUMADIN is right for you. Talk to your healthcare provider about all of your health conditions
- you are pregnant. COUMADIN may cause birth defects, miscarriage, or death of your unborn baby. If you are pregnant and have a mechanical heart valve, talk to your doctor about whether the benefit of taking COUMADIN outweighs the risks
- you are allergic to warfarin or any of the other ingredients in COUMADIN

It is important to tell your healthcare provider about all prescription and non-prescription medicines, vitamins, and herbal supplements you take. Some of your medicines may affect the way COUMADIN works and affect the dose of COUMADIN you need or increase COUMADIN side effects.

- Do not change or stop any of your medicines or start any new medicines, vitamins, and herbal supplements without talking to your healthcare provider
- Do not take other medicines that contain warfarin sodium while taking COUMADIN
- Get your regular blood test (INR) to check for your response to COUMADIN. The INR test checks to see how fast your blood clots. Your healthcare provider will decide what INR numbers are best for you and adjust your dose of COUMADIN to keep your INR in a target range.

Some foods and beverages can interact with COUMADIN and affect your treatment and dose.

- Eat a normal, balanced diet and talk to your healthcare provider before making any diet changes. Do not eat large amounts of leafy green vegetables, which contain vitamin K. Certain vegetable oils also contain large amounts of vitamin K. Too much vitamin K can lower the effect of COUMADIN
IMPORTANT SAFETY INFORMATION  (continued)

Before taking COUMADIN, tell your healthcare provider if you:

- have bleeding problems, fall often, have liver or kidney problems, have high blood pressure, have a heart problem called congestive heart failure, have diabetes, or have any other medical conditions.

- are planning to have any surgery or dental procedure because you may have to stop taking COUMADIN for a short time or your dose may need to be adjusted.

- are pregnant or plan to become pregnant or considering breast-feeding while taking COUMADIN

Other possible serious side effects of COUMADIN include:

- Death of skin tissue (skin necrosis or gangrene). This can happen soon after starting COUMADIN. It happens because blood clots form and block blood flow to an area of your body. Call your healthcare provider right away if you have pain, color, or temperature change to any area of your body. You may need medical care right away to prevent death or loss (amputation) of your affected body part.

- “Purple toes syndrome.” Call your healthcare provider right away if you have pain in your toes and they look purple or dark in color.

Take COUMADIN exactly as prescribed by your doctor.

- Don’t stop taking COUMADIN without talking to your doctor as your risk of stroke may increase

- Call your healthcare provider right away if you take too much COUMADIN, are sick with diarrhea, an infection, or have a fever, or fall or injure yourself, especially if you hit your head.

What is COUMADIN® (Warfarin Sodium)?

- COUMADIN is a prescription medicine used to treat blood clots and lower the chance of blood clots forming in your body if you have heart-valve replacement or an irregular, rapid heartbeat called atrial fibrillation. Blood clots can cause a stroke, heart attack, or other serious conditions if they form in the legs or lungs.

- If you have had a heart attack, COUMADIN may be used to lower the risk of death, another heart attack, stroke, and blood clots moving to other parts of the body

Please see accompanying Full Prescribing Information, including Medication Guide for COUMADIN.
## PATIENT DOSING CALENDAR

**Month:** 

<table>
<thead>
<tr>
<th>Date</th>
<th>Daily Dose of COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline</th>
<th>Time Dose Taken</th>
<th>INR</th>
<th>Next Appt.</th>
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<tr>
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<th>Time Dose Taken</th>
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<th>Next Appt.</th>
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**Notes:**

Please see Important Safety Information on pages 27-31 and accompanying full Prescribing Information, including **Boxed WARNING regarding bleeding risk**, in front pocket.
## PATIENT DOSING CALENDAR

<table>
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<th>Date</th>
<th>Daily Dose of COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline</th>
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</tbody>
</table>

**Notes:**

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WARNING: Warfarin is a blood thinner. It reduces blood clotting in your body. Taking too much warfarin can cause bleeding which can result in death. If you have a bleeding problem, tell your doctor and other healthcare providers.

Keep this handy card in your wallet or purse. The card serves 3 important purposes:
1. Shows the different dosages of COUMADIN
2. Alerts your healthcare provider that you are taking COUMADIN
3. Includes important information for emergencies

Instructions:
1. Detach along dotted lines
2. Write in information

I am taking the prescription drug COUMADIN (Warfarin Sodium). Please immediately tell this to anyone providing medical care to me.

NAME
BIRTH YEAR
WEIGHT
BLOOD TYPE
OTHER MEDICATIONS/CONDITIONS

ADDRESS
PHONE
DOCTOR’S NAME
DOCTOR’S PHONE

In an emergency, please notify:
NAME
RELATIONSHIP
ADDRESS
PHONE

COUMADIN (Warfarin Sodium Tablets, USP) Crystalline
Rx only
COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline is distributed by: Bristol-Myers Squibb Company Princeton, New Jersey 08543 USA
COUMADIN is a registered trademark of Bristol-Myers Squibb Pharma Company.
COUMADIN, the COUMADIN color logo, COLORS OF COUMADIN, and the color and configuration of COUMADIN tablets are trademarks of Bristol-Myers Squibb Pharma Company.

Please see Important Safety Information on pages 27-31 and accompanying full Prescribing Information, including Boxed WARNING regarding bleeding risk, in front pocket.

www.COUMADIN.com
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Understanding your COUMADIN therapy

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IMPORTANT SAFETY INFORMATION

COUMADIN® (warfarin sodium) can cause bleeding which can be serious and sometimes lead to death.

You may have a higher risk of bleeding if you take COUMADIN and:

• are 65 years old or older
• have a history of stomach or intestinal bleeding
• have high blood pressure (hypertension)
• have a history of stroke, or “mini-stroke” (transient ischemic attack or TIA)
• have serious heart disease
• have a low blood count or cancer
• have had trauma, such as an accident or surgery
• have kidney problems
• take other medicines that increase your risk of bleeding, including:
  • a medicine that contains heparin
  • other medicines to prevent or treat blood clots
  • non-steroidal anti-inflammatory drugs (NSAIDs)
• take warfarin sodium for a long time.

Warfarin sodium is the active ingredient in COUMADIN.

Call your doctor or seek immediate medical care if you have any of the following signs or symptoms of bleeding:

• pale, swelling, or discoloration
• headaches, dizziness, or weakness
• unusual bruising (bruises that develop without known cause or grow in size)
• nosebleeds or bleeding gums
• bleeding from cuts that takes a long time to stop
• menstrual bleeding or vaginal bleeding that is heavier than normal
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• coughing up or vomiting blood, or vomiting material that looks like coffee grounds

Do not take COUMADIN if:

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• you are pregnant. COUMADIN may cause birth defects, miscarriage, or death of your unborn baby. If you are pregnant and have a mechanical heart valve, talk to your doctor about whether the benefit of taking COUMADIN outweighs the risks
• you are allergic to warfarin or any of the other ingredients in COUMADIN

It is important to tell your healthcare provider about all prescription and non-prescription medicines, vitamins, and herbal supplements you take. Some of your medicines may affect the way COUMADIN works and affect the dose of COUMADIN you need or increase COUMADIN side effects.

• Do not change or stop any of your medicines or start any new medicines, vitamins, and herbal supplements without talking to your healthcare provider
• Do not take other medicines that contain warfarin sodium while taking COUMADIN.
• Get your regular blood test (INR) to check for your response to COUMADIN. The INR test checks to see how fast your blood clots. Your healthcare provider will decide what INR numbers are best for you and adjust your dose of COUMADIN to keep your INR in a target range.

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• have bleeding problems, full often, have liver or kidney problems, have high blood pressure, have a heart problem called congestive heart failure, have diabetes, or have any other medical conditions.
• are planning to have any surgery or dental procedure because you may have to stop taking COUMADIN for a short time or your dose may need to be adjusted.
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• Don’t stop taking COUMADIN without talking to your doctor as your risk of stroke may increase.
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• COUMADIN is a prescription medicine used to treat blood clots and lower the chance of blood clots forming in your body if you have heart-valve replacement or an irregular, rapid heartbeat called atrial fibrillation. Blood clots can cause a stroke, heart attack, or other serious conditions if they form in the legs or lungs.
• If you have had a heart attack, COUMADIN may be used to lower the risk of death, another heart attack, stroke, and blood clots moving to other parts of the body

Please see accompanying Full Prescribing Information, including Medication Guide for COUMADIN.
**Understanding your COUMADIN therapy**

Rx only

**COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline**

I am taking the prescription drug COUMADIN (Warfarin Sodium). Please immediately tell this to anyone providing medical care to me.

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTH YEAR</th>
<th>WEIGHT</th>
<th>BLOOD TYPE</th>
<th>OTHER MEDICATIONS/CONDITIONS</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

Please see Important Safety Information on pages 27-31 and accompanying full Prescribing Information, including Boxed WARNING regarding bleeding risk, in front pocket.

In an emergency, please notify:

<table>
<thead>
<tr>
<th>NAME</th>
<th>RELATIONSHIP</th>
<th>ADDRESS</th>
<th>PHONE</th>
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</thead>
<tbody>
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