Understanding your COUMADIN therapy

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Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.

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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.

Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.
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.

WHO SHOULD NOT TAKE COUMADIN?
Do not take COUMADIN if:
■ your risk of having bleeding problems is higher than the possible benefit of treatment. Your healthcare provider will decide if COUMADIN is right for you.
■ 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.

BEFORE TAKING COUMADIN
Tell your healthcare provider about all of your medical conditions, including if you:
• have bleeding problems
• fall often
• have liver problems
• have kidney problems or are undergoing dialysis
• have high blood pressure
• have a heart problem called congestive heart failure
• have diabetes
• plan to have any surgery or a dental procedure
• are pregnant or plan to become pregnant. See “Who should not take COUMADIN?”
  - Your healthcare provider will do a pregnancy test before you start treatment with COUMADIN. Females who can become pregnant should use effective birth control during treatment, and for at least 1 month after the last dose of COUMADIN.
• are breast-feeding. You and your healthcare provider should decide if you will take COUMADIN and breastfeed. Check your baby for bruising or bleeding if you take COUMADIN and breastfeed.

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 over-the-counter 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?”

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.

Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.
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.
- **Kidney problems.** Kidney injury may happen in people who take COUMADIN. Tell your healthcare provider right away if you develop blood in your urine. Your healthcare provider may do tests more often during treatment with COUMADIN to check for bleeding if you already have kidney problems.
- **“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.

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.

HOW SHOULD I STORE COUMADIN?

- Store COUMADIN at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep COUMADIN in a tightly closed container.
- Keep COUMADIN out of the light and moisture.
- Follow your healthcare provider or pharmacist instructions about the right way to throw away outdated or unused COUMADIN.
- Females who are pregnant should not handle crushed or broken COUMADIN tablets.

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

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF 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.

You can ask your healthcare provider or pharmacist for information about COUMADIN that is written for health professionals.

WHAT ARE THE INGREDIENTS IN COUMADIN TABLETS?

**Active ingredient:** warfarin sodium

**Inactive ingredients:** lactose, starch, and magnesium stearate, in addition:

- 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
- 2.5 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
- 7.5 mg: D&C Yellow No. 10 Aluminum Lake and FD&C Yellow No. 6 Aluminum Lake
- 10 mg: Dye-free

COUMADIN is distributed by: Bristol-Myers Squibb Company, Princeton, New Jersey 08543 USA

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

Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.
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® (warfarin sodium) 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.

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

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

Section 7 of the full Prescribing Information for COUMADIN 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.
IF MY HEALTHCARE PROVIDER TELLS ME TO STOP TAKING COUMADIN, HOW LONG WILL THE BLOOD-THINNING EFFECTS CONTINUE?

If your healthcare provider stops your COUMADIN® (warfarin sodium) therapy, the anticoagulant effect may last for about 2 to 5 more days.

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

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.

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

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.

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

The U.S. 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 following table can help you identify some common foods and their vitamin K content.

Please note this is not an all-inclusive list.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collards, frozen, chopped, boiled</td>
<td>1 cup</td>
<td>1059</td>
</tr>
<tr>
<td>Collards, chopped, boiled</td>
<td>1 cup</td>
<td>773</td>
</tr>
<tr>
<td>Spinach, frozen chopped or leaf, 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, boiled</td>
<td>1 cup</td>
<td>889</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>1 cup</td>
<td>145</td>
</tr>
<tr>
<td>Turnip greens, frozen, boiled</td>
<td>1 cup</td>
<td>851</td>
</tr>
<tr>
<td>Turnip greens &amp; turnips, frozen, boiled</td>
<td>1 cup</td>
<td>677</td>
</tr>
<tr>
<td>Turnip greens, chopped, boiled</td>
<td>1 cup</td>
<td>529</td>
</tr>
<tr>
<td>Turnip greens, canned</td>
<td>1 cup</td>
<td>413</td>
</tr>
<tr>
<td>Turnip greens, chopped, raw</td>
<td>1 cup</td>
<td>138</td>
</tr>
<tr>
<td>Mustard greens, chopped, boiled</td>
<td>1 cup</td>
<td>830</td>
</tr>
<tr>
<td>Mustard greens, frozen, chopped, boiled</td>
<td>1 cup</td>
<td>503</td>
</tr>
<tr>
<td>Mustard greens, chopped, raw</td>
<td>1 cup</td>
<td>144</td>
</tr>
<tr>
<td>Beet greens, 1&quot; pieces, boiled</td>
<td>1 cup</td>
<td>697</td>
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<td>Dandelion greens, chopped, boiled</td>
<td>1 cup</td>
<td>579</td>
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<td>Dandelion greens, chopped, raw</td>
<td>1 cup</td>
<td>428</td>
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<td>Chard, Swiss, chopped, boiled</td>
<td>1 cup</td>
<td>573</td>
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<td>Chard, Swiss, raw</td>
<td>1 cup</td>
<td>299</td>
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<tr>
<td>Cress, garden, boiled</td>
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<td>518</td>
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<td>Cress, garden, raw</td>
<td>1 cup</td>
<td>271</td>
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<tr>
<td>Watercress, chopped, raw</td>
<td>1 cup</td>
<td>85</td>
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### More About COUMADIN®

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<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
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<td>Kale, frozen, boiled</td>
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<tr>
<td>Kale, boiled</td>
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<td>494</td>
</tr>
<tr>
<td>Kale, raw</td>
<td>1 cup</td>
<td>82</td>
</tr>
<tr>
<td>Escarole, boiled</td>
<td>1 cup</td>
<td>318</td>
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<td>Brussels sprouts, frozen, boiled</td>
<td>1 cup</td>
<td>300</td>
</tr>
<tr>
<td>Brussels sprouts, raw</td>
<td>1 cup</td>
<td>156</td>
</tr>
<tr>
<td>Broccoli, chopped, boiled</td>
<td>1 cup</td>
<td>220</td>
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<tr>
<td>Broccoli, frozen, chopped, boiled</td>
<td>1 cup</td>
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<tr>
<td>Broccoli, raw, chopped</td>
<td>1 cup</td>
<td>93</td>
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<tr>
<td>Onions, spring or scallions (tops &amp; bulb), chopped, raw</td>
<td>1 cup</td>
<td>207</td>
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<tr>
<td>Parsley sprigs, fresh</td>
<td>10</td>
<td>164</td>
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<tr>
<td>Spices, parsley, dried</td>
<td>1 tbsp</td>
<td>22</td>
</tr>
<tr>
<td>Cabbage, shredded, boiled</td>
<td>1 cup</td>
<td>163</td>
</tr>
<tr>
<td>Cabbage, chopped, raw</td>
<td>1 cup</td>
<td>68</td>
</tr>
<tr>
<td>Cabbage, Chinese (pak-choi), shredded, boiled</td>
<td>1 cup</td>
<td>58</td>
</tr>
<tr>
<td>Cabbage, savoy, shredded, raw</td>
<td>1 cup</td>
<td>48</td>
</tr>
<tr>
<td>Cabbage, red, chopped, raw</td>
<td>1 cup</td>
<td>34</td>
</tr>
<tr>
<td>Noodles, egg, spinach, cooked, enriched</td>
<td>1 cup</td>
<td>162</td>
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<tr>
<td>Endive, chopped, raw</td>
<td>1 cup</td>
<td>116</td>
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<tr>
<td>Prunes (dried plums), pitted</td>
<td>1 cup</td>
<td>104</td>
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<tr>
<td>Prunes (dried plums), pitted, stewed</td>
<td>1 cup</td>
<td>65</td>
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<td>Prunes (dried plums), raw</td>
<td>5</td>
<td>28</td>
</tr>
<tr>
<td>Radicchio, shredded, raw</td>
<td>1 cup</td>
<td>102</td>
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<tr>
<td>Okra, frozen, sliced, boiled</td>
<td>1 cup</td>
<td>88</td>
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<tr>
<td>Okra, sliced, boiled</td>
<td>1 cup</td>
<td>64</td>
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<tr>
<td>Miso</td>
<td>1 cup</td>
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<table>
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<th>FOODS</th>
<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
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<tbody>
<tr>
<td>Pickles, sweet (incl. bread &amp; butter), chopped</td>
<td>1 cup</td>
<td>75</td>
</tr>
<tr>
<td>Pickles, sour</td>
<td>1 cup</td>
<td>73</td>
</tr>
<tr>
<td>Kiwifruit, green, sliced, raw</td>
<td>1 cup</td>
<td>73</td>
</tr>
<tr>
<td>Kiwifruit, green, raw</td>
<td>1 med</td>
<td>28</td>
</tr>
<tr>
<td>Soybeans, mature, sprouted, steamed</td>
<td>1 cup</td>
<td>66</td>
</tr>
<tr>
<td>Edamame, frozen, prepared</td>
<td>1 cup</td>
<td>41</td>
</tr>
<tr>
<td>Peas, green (incl. baby and LeSueur), canned</td>
<td>1 cup</td>
<td>64</td>
</tr>
<tr>
<td>Peas, podded, frozen, boiled</td>
<td>1 cup</td>
<td>48</td>
</tr>
<tr>
<td>Peas, green, boiled</td>
<td>1 cup</td>
<td>41</td>
</tr>
<tr>
<td>Peas, podded, boiled</td>
<td>1 cup</td>
<td>40</td>
</tr>
<tr>
<td>Peas, green, raw</td>
<td>1 cup</td>
<td>36</td>
</tr>
<tr>
<td>Fish, tuna, light, canned in oil, drained</td>
<td>1 cup</td>
<td>64</td>
</tr>
<tr>
<td>Fish, tuna, light, canned in water, drained</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td>Beans, snap, green, frozen, microwaved</td>
<td>1 cup</td>
<td>64</td>
</tr>
<tr>
<td>Beans, snap, green or yellow, canned or boiled</td>
<td>1 cup</td>
<td>60</td>
</tr>
<tr>
<td>Beans, fava, in pod, raw</td>
<td>1 cup</td>
<td>52</td>
</tr>
<tr>
<td>Beans, snap, green or yellow, frozen, boiled</td>
<td>1 cup</td>
<td>51</td>
</tr>
<tr>
<td>Beans, kidney, red, mature seeds, boiled</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>Cowpeas (blackeyes), immature seeds, frozen, boiled</td>
<td>1 cup</td>
<td>63</td>
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<tr>
<td>Cowpeas (blackeyes), immature seeds, boiled</td>
<td>1 cup</td>
<td>44</td>
</tr>
<tr>
<td>Celery, boiled, diced</td>
<td>1 cup</td>
<td>57</td>
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<tr>
<td>Celery, chopped, raw</td>
<td>1 cup</td>
<td>30</td>
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### More About COUMADIN

<table>
<thead>
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<th>PORTION</th>
<th>VITAMIN K CONTENT* (MICROGRAMS)</th>
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</thead>
<tbody>
<tr>
<td>Lettuce, butterhead (incl. Boston and bibb), chopped, raw</td>
<td>1 cup</td>
<td>56</td>
</tr>
<tr>
<td>Lettuce, cos or romaine, shredded, raw</td>
<td>1 cup</td>
<td>48</td>
</tr>
<tr>
<td>Lettuce, green leaf, shredded, raw</td>
<td>1 cup</td>
<td>46</td>
</tr>
<tr>
<td>Lettuce, red leaf, shredded, raw</td>
<td>1 cup</td>
<td>39</td>
</tr>
<tr>
<td>Lettuce, iceberg, shredded, raw</td>
<td>1 cup</td>
<td>17</td>
</tr>
<tr>
<td>Fennel, sliced, raw</td>
<td>1 cup</td>
<td>55</td>
</tr>
<tr>
<td>Peas &amp; Carrots, frozen, boiled</td>
<td>10 oz</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 lg</td>
<td>49</td>
</tr>
<tr>
<td>Cucumber, peeled, raw</td>
<td>1 lg</td>
<td>20</td>
</tr>
<tr>
<td>Avocado, puree, raw</td>
<td>1 cup</td>
<td>48</td>
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<tr>
<td>Asparagus spears, frozen, boiled</td>
<td>4</td>
<td>48</td>
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<td>Asparagus spears, canned, boiled</td>
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<td>Asparagus spears, boiled</td>
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<td>Vegetables, mixed, frozen, boiled</td>
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<td>Vegetables, mixed, canned</td>
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<td>Blueberries, frozen, sweetened</td>
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<tr>
<td>Blueberries, raw</td>
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<td>29</td>
</tr>
<tr>
<td>Pumpkin, canned</td>
<td>1 cup</td>
<td>39</td>
</tr>
<tr>
<td>Mung beans, mature seeds, sprouted, raw</td>
<td>1 cup</td>
<td>34</td>
</tr>
<tr>
<td>Mung beans, mature seeds, sprouted, boiled</td>
<td>1 cup</td>
<td>28</td>
</tr>
<tr>
<td>Sauerkraut, canned, solids and liquids</td>
<td>1 cup</td>
<td>31</td>
</tr>
</tbody>
</table>


Please see Important Safety Information on page 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.
INDICATION

What is COUMADIN® (warfarin sodium)?

COUMADIN is a 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.

IMPORTANT SAFETY INFORMATION

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 mentioned 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 medicines, or start new ones, before talking to your healthcare provider. Do not take other medicines that contain warfarin sodium while taking COUMADIN.

- Get your regular blood test (INR test) to check for your response to COUMADIN, 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 your target range.

- 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 that 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 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.

Do not take COUMADIN if:

- your risk of having bleeding problems is higher than the possible benefit of treatment; your healthcare provider will decide if COUMADIN is right for you.
- 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 sodium or any of the other ingredients in COUMADIN.

Before taking COUMADIN, tell your healthcare provider about all of your medical conditions, including if you:

- have bleeding problems, fall often, have liver or kidney problems or are undergoing dialysis, have high blood pressure, have a heart problem called congestive heart failure, have diabetes.

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

IMPORTANT SAFETY INFORMATION (Continued)

- are planning to have any surgery or dental procedure; your COUMADIN may need to be stopped for a short time, or your dose adjusted.
- are pregnant or plan to become pregnant or are considering breastfeeding while taking COUMADIN.
  - Females who can become pregnant should use effective birth control during treatment, and for ≥ 1 months after the last dose of COUMADIN

Tell your healthcare providers that you take COUMADIN, and about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Some medicines may affect how COUMADIN works, or may increase your risk of bleeding.

COUMADIN may cause serious side effects including:

- **Death of skin tissue (skin necrosis or gangrene).** This can happen soon after starting COUMADIN, and 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 changes to any area of your body. You may need medical care right away to prevent death or loss (amputation) of your affected body part.
- **Kidney problems.** Kidney injury may happen in people who take COUMADIN. Tell your healthcare provider right away if there is blood in your urine. Your healthcare provider may do tests more often during treatment with COUMADIN to check for bleeding if you already have kidney problems.
- **“Purple toes syndrome.”** Call your healthcare provider right away if you have pain in your toes and they look purple or dark in color.

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

Please see full Prescribing Information, including Boxed WARNING regarding bleeding risk, and Medication Guide for COUMADIN.
Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.
COUMADIN® (Warfarin Sodium Tablets, USP) Crystalline

<table>
<thead>
<tr>
<th>1 mg</th>
<th>2 mg</th>
<th>2.5 mg</th>
<th>3 mg</th>
<th>4 mg</th>
<th>5 mg</th>
<th>6 mg</th>
<th>7.5 mg</th>
<th>10 mg</th>
</tr>
</thead>
</table>

To help you easily identify the right COUMADIN tablet, and help avoid confusion with your other medications, each tablet is clearly marked with the COUMADIN name and dosage strength.

Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.

PATIENT WALLET CARD

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

In an emergency, please notify:

NAME

RELATIONSHIP

ADDRESS

PHONE

DOCTOR'S NAME

DOCTOR'S PHONE

Please see Important Safety Information on pages 9-10 and full Prescribing Information, including Boxed WARNING regarding bleeding risk.