

Warfarin (Coumadin) Dosing Guide

FOR 10 mg TABLETS



Tablet Strength: 10 milligrams (mg)

Target PT/INR: _____

Warfarin (brand name **Coumadin**) is prescribed in a weekly dose. Coumadin tablets come in multiple strengths. You are on a **10 mg tablet**. The table below shows you how much to take each day of the week to add up to the correct weekly dose. Some days you may need to take $\frac{1}{2}$ a tablet. **It's important for you to take the exact dose you are prescribed, at the same time everyday — in the evening.**

Dosing for 10 mg warfarin (Coumadin) tablet							
Weekly Dose	Tablets per day ($\frac{1}{2}$ = a half tablet; 1 = 1 tablet; $1\frac{1}{2}$ = 1½ tablets)						
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<input type="checkbox"/> 35 mg	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
<input type="checkbox"/> 40 mg	1	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
<input type="checkbox"/> 45 mg	1	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	1	$\frac{1}{2}$	$\frac{1}{2}$
<input type="checkbox"/> 50 mg	1	$\frac{1}{2}$	1	$\frac{1}{2}$	1	$\frac{1}{2}$	$\frac{1}{2}$
<input type="checkbox"/> 55 mg	1	$\frac{1}{2}$	1	$\frac{1}{2}$	1	$\frac{1}{2}$	1
<input type="checkbox"/> 60 mg	1	$\frac{1}{2}$	1	1	1	$\frac{1}{2}$	1
<input type="checkbox"/> 65 mg	1	$\frac{1}{2}$	1	1	1	1	1
<input type="checkbox"/> 70 mg	1	1	1	1	1	1	1
<input type="checkbox"/> 75 mg	$1\frac{1}{2}$	1	1	1	1	1	1
<input type="checkbox"/> 80 mg	$1\frac{1}{2}$	1	1	1	$1\frac{1}{2}$	1	1
<input type="checkbox"/> 85 mg	$1\frac{1}{2}$	1	$1\frac{1}{2}$	1	$1\frac{1}{2}$	1	1
<input type="checkbox"/> 90 mg	$1\frac{1}{2}$	1	$1\frac{1}{2}$	1	$1\frac{1}{2}$	1	$1\frac{1}{2}$
<input type="checkbox"/> 95 mg	$1\frac{1}{2}$	1	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	1	$1\frac{1}{2}$
<input type="checkbox"/> 100 mg	$1\frac{1}{2}$	1	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$
<input type="checkbox"/> 105 mg	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$
<input type="checkbox"/> 110 mg	2	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$
<input type="checkbox"/> 115 mg	2	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	2	$1\frac{1}{2}$	$1\frac{1}{2}$
<input type="checkbox"/> 120 mg	2	$1\frac{1}{2}$	2	$1\frac{1}{2}$	2	$1\frac{1}{2}$	$1\frac{1}{2}$
<input type="checkbox"/> 125 mg	2	$1\frac{1}{2}$	2	$1\frac{1}{2}$	2	$1\frac{1}{2}$	2
<input type="checkbox"/> 130 mg	2	$1\frac{1}{2}$	2	2	2	$1\frac{1}{2}$	2

How to use this chart: Find the number in the left-most column that corresponds to your total weekly dose of Coumadin. Move across that row to see the individual dose for each day of the week. (For example, if you are the **10 mg tablet** and your total weekly dose is **45 mg**, you would take 1 whole tablet Sunday and Thursday, and $\frac{1}{2}$ tablet the other days of the week.)

Reminders about Coumadin and other medicines

- **Tell ALL care providers ALL medicines you are on.** Many medicines affect how Coumadin works. Be sure to tell our clinic staff ALL medicines you are taking — and be sure to tell your other care providers that you are taking Coumadin.
- **Call the clinic if you are prescribed any of the following medicines; you may need an adjustment to your Coumadin dose:**
 - Amiodarone (Pacerone or Cordarone)
 - Fluconazole (Diflucan)
 - Any antibiotic for more than a 3-day course
- **Get a PT/INR test in 7 days if you start, stop, or change dosage of any of the following medicines:**
 - Any antidepressant (medicine for depression)
 - Any statin (for example, Lipitor, Zocor, Pravachol, and Vytorin)
 - Any steroid (for example, Prednisone)
 - Interferon
- **Avoid aspirin and other non-steroidal anti-inflammatory drugs** such as ibuprofen unless prescribed by your physician. Tylenol (acetaminophen) is okay up to 1,000 mg (3 regular or 2 extra-strength) daily. Doses higher than that may alter the affect of Coumadin.

Note: Call the clinic if you increase your regular dose of more than 1,000 mg/day of acetaminophen (Tylenol) or if you increase your dose of any other analgesic.

- **Don't take herbal supplements.** Many herbal medications affect how well Coumadin works. Never take an herbal supplement without talking with your doctor first.

