

## 華法林與其他藥物 Warfarin and other drugs

- 如沒有醫生指示，應盡量避免擅自加服任何藥物，或減去現時服用之藥物。  
You should avoid changing your medication regime unless instructed by your doctor.
- 由於華法林能跟多種藥物產生相互作用，影響華法林的功效，所以服用新的藥物(包括成藥、中藥、補充劑或其他產品)前，必須先與你的醫生或藥劑師查詢。  
Many drugs can interact with warfarin. This interaction may affect the action of warfarin. While on warfarin, you should consult your doctor or pharmacist before taking any new medications, including over-the-counter drugs, herbal medicines, supplements and any other products.
- 可能跟華法林產生相互作用之藥物例子:  
Warfarin may interact with, for examples:
  - 西藥: 含亞士匹靈之退燒止痛藥; 含維他命K之維他命丸等等  
Western medicines: Aspirin, Vitamin K
  - 中藥: 當歸、丹參、赤芍等等  
Herbal medicines: Dang Gui, Salvia, etc

## 華法林與飲食 Warfarin and Diet

- 維持固定及均衡飲食。  
Maintain a stable and balanced diet, avoid drastic changes.
- 避免飲酒  
Avoid drinking alcohol when possible. DO NOT binge drink!
- 由於食物中的維他命K會影響華法林的功效，所以為免影響華法林的功效，不要隨便更改飲食習慣。  
Avoid drastic changes in dietary pattern.
- 服用華法林時，需留意盡量有規律地等量攝入以下食物:  
While on warfarin, you should maintain moderate intake of following food:
  - 含豐富維他命K的食物  
Food rich in Vitamin K
    - 一 綠葉蔬菜: 如莧菜、菠菜、西蘭花、芥蘭等  
Leafy vegetables: Amaranth, Spinach, Broccoli

- 一 內臟: 如肝臟、鰾腸、鵝肝醬等  
Liver
- 一 營養奶粉  
Milk powder fortified with Vitamin K
- 生果類: 紅莓、牛油果、木瓜  
Fruits: Cranberry, Avocado, Papaya
- 中藥材  
Chinese herbal medicines
  - 一 當歸、杞子、人參、丹參等等  
Dang Gui, Goji berry
  - 一 中藥食品, 如龜苓膏  
Chinese medicine products, e.g. Guilinggao
  - 一 補血湯料, 如紅棗  
Medicines that can help replenish the blood, e.g. Red Date

## 其他注意事項 Other Precautions

- 應盡量避免參與一些容易引致身體嚴重受傷的活動或運動。  
Avoid any activity or sport that may result in serious injury.
- 在刷牙，使用牙線或剃鬚時，應加倍小心，盡量避免割傷身體。盡可能選用軟毛牙刷及使用電動鬚刨代替剃鬚刀。  
Take extra care when brushing teeth or shaving. Soft toothbrush and electric razor are recommended.

- 此藥物指引只供參考之用。  
This information leaflet is for reference only.
- 用藥應按醫生指示。  
Medicines should be used as directed by the doctor.
- 如有疑問請向主診醫生或藥劑師查詢。  
For enquiry, please consult your doctor or pharmacist.
- 切勿將自己的藥物給予他人服用。  
Do not share your medicine with others.



# 服食抗凝血藥須知

## How to use Warfarin



# 抗凝血藥使用方式

How to use

## Warfarin

華法林 (Warfarin) 屬於抗凝血藥 (俗稱薄血丸) 的一種。它能減低血液的凝固能力，防止有害血塊在血管內形成，導致血管阻塞。

Warfarin, belongs to a group of medicines known as anticoagulants (also known as a "blood thinner"). By affecting your body's blood clotting mechanism, warfarin can prevent harmful blood clots from forming in your blood vessels.

由於每個病人對華法林的反應不同，醫生會按驗血結果中的凝血指數 (INR - 國際標準化凝血時間比率) 為病人調校藥物劑量。

As each person responds differently to this medication, a blood test called International Normalized Ratio (INR) test is used to monitor your warfarin treatment and your doctor will adjust the dosage accordingly.

### 服食華法林期間 應注意事項 While taking warfarin, you should

- 必須按醫生指示服用適當的劑量  
Take the drug as directed by doctor.
- 每日定時服藥一次  
Take warfarin once a day at the same time each day.
- 必須定期覆診及驗血，以確保藥物的劑量有適當的調校。  
Always attend your regular follow-up and have blood test as instructed by your doctor.
- 避免懷孕 - 由於服用華法林可能會影響胎兒成長，所以服用期間應避免懷孕。服用華法林期間，如計劃懷孕或已懷孕，應立即通知醫生。  
AVOID getting pregnant as warfarin may cause birth defects. Patient, who become pregnant or plans to become pregnant while on warfarin, should notify the doctor immediately.

- 在接受任何治療前，應告訴醫生 (內科或外科) 或牙醫，你正在服用華法林，以便作出適當安排。  
Tell you doctors (medical or surgical) and dentists that you are taking warfarin before any examination, operation or receiving new medication.

### 忘記服藥的處理方法 What to do if you miss a dose

- 若忘記服藥，應在當日盡快補服一個劑量。  
If you miss a dose, only take the missed dose if it's within the same day.
- 若在次日才發生忘記服藥，就不應補服，只需服用當日的劑量。  
If you remember on the next day, only take your NORMAL DAILY DOSE on that day. Do NOT take a double dose of warfarin unless directed by your doctor.
- 應把忘記服用的劑量及時間記錄下來，並於覆診時告訴醫生。  
If you do miss a dose, take a note of when this was and inform your doctor in the next follow-up.
- 如服用了錯誤的劑量，而所服劑量遠超出平日的正常劑量時，必須盡快聯絡醫生查詢。  
If you took a wrong dose by mistake and the dose you took greatly exceeded your normal dose, you should contact your doctor immediately.

### 常見的副作用 Common side effects

- 服用華法林最常見的副作用是出血，情況可能很嚴重。故此，病人必須留意任何出血的現象。  
The most common side effect of warfarin is bleeding, which may be serious. Therefore, patient must watch out for any sign of bleeding.
- 以下情況應盡快向醫生求診：  
You should seek medical advice immediately if you have the following symptoms:
  - 不正常的出血，如割傷流血不止、不停流鼻血或擦牙時出血比平常多。  
Abnormal bleeding, for example, excessive bleeding from a cut, prolonged nose bleeds or gum bleeds.

- 常無故出現瘀痕  
Severe bruising with unknown cause
- 小便帶血  
Passing blood in urine
- 大便帶血或呈啡黑色  
Blood in faeces or passing black faeces
- 嘔吐物帶血或呈啡黑色  
Blood in vomit or Coffee ground vomit
- 女性經血異常大量  
For women, heavy bleeding during period or any vaginal bleeds.
- 腹痛或腫脹  
Abdominal pain or distension
- 腹瀉  
Diarrhoea
- 過敏症狀、紅疹、皮膚炎  
Hypersensitivity, for example skin rash and dermatitis
- 嚴重或持續的頭痛或暈眩  
Severe or persistent headache or dizziness

