

- Have balanced and varied diet. **No food is taboo.** You can eat all the vegetables that you like as long as their consumption is regular.
- Avoid grapefruit in large quantities, and consume it away from the AVK treatment.

Deterioration of your general condition:

Diarrheas, vomiting, fasting, fever, weight change can have an impact on your INR.

**Without forgetting of course:** forgetting one dose, taking double dose or taking a wrong dose are the main factors of INR variation.

What should you do in case of a bleeding cut?

If you are injured, you are at risk of bleeding **longer** because of your anticoagulant treatment.

The first thing to do is **to compress the wound** with a compress and strongly press on it with the hand for 10 minutes. Lie down and call for help if you consider it necessary.

Remember to ...

- Inform your doctor of any **changes in your general condition** (unusual tiredness, etc.) or in your treatment.
- Inform all health care professionals you are in contact with that you take anticoagulants (dentist, physiotherapist, anesthetics, nurse, etc.).
- In the case of clinical signs of a VKA overdose or under-dosing, **contact your doctor or call on the emergency number (SAMU: 15).**

If you are under regular medical supervision by CREATIF

We count on you to:

- Do your INR before 10:am, the agreed day with the CREATIF.
- Use the CREATIF prescription.
- Contact us if you need to change the date of your next INR.

# VKA MEMO

*What you should know*  
on vitamin K antagonists

## VKAs

*To be an actor*  
*of your health*



[creatif.lrb@aphp.fr](mailto:creatif.lrb@aphp.fr)

Tel. : 01 49 95 63 94 or 01 49 95 80 78

Lariboisière Hospital Cardiology Dpt  
2 rue Ambroise Paré 75010 Paris  
<http://creatif-cac.fr>

## VKAs, what does that mean?

The **VKAs** are vitamin K antagonists. Among them, Coumadin®, Previscan®, and Sintrom®.

These are **anticoagulants**: they protect you against developing a blood clot (thrombus).

## What is the INR?

The INR (International Normalized Ratio), reflects the speed at which your blood coagulates, so it reflects **the efficacy of your anticoagulant treatment**. It is measured by a blood test at laboratory or with a self-measuring device. You do not have to be fasting.

## Our tips for well taking your VKA

- Respect the prescribed dose and don't stop the treatment by yourself.
- Take the medicine just once and it's preferable in the evening, at the same time every day.
- If you **forget one dose**, you can take the missed dose within **the next 8 hours** after the usual time you take it.

For example, if usually you take your VKA every day at 8:00 pm, you have until 4:00 am

to take it.

After 8 hours it will be better to skip the missed dose and to take the following dose as usual.

**But above all, never double-up on a dose to make up for the one you have missed.**

## INR varies, that part of the deal?

The doctors have indicated you a **therapeutic range**, that means the interval in which your INR can vary without having any consequence for your health. This therapeutic range is personalized. You can indicate it in the diagram to the right.

## What can affect your INR?

### Other medication:

- **Do not take any non-prescribed medicine or cream** (even if it doesn't need prescription) without medical advice because some medication can interfere with your anticoagulant treatment.
- If **antibiotics** are prescribed, remember to check your INR three days after the initiation of the treatment.

### Alcohol and irregular diet:

- Do not drink more than 2 glasses of alcoholic drink per day.

