

We've Moved!



- 1 **Mason General Hospital Emergency Entrance**
- 2 **Mason General Hospital Main Entrance**
- 3 **Mason Clinic***
- 4 **Mason Health Anticoagulation Clinic**
(Former Surgery Clinic site)

Mason General Hospital

901 Mountain View Drive
PO Box 1668
Shelton, WA 98584-5001
Shelton (360) 426-1611
From Allyn (360) 275-8614
Toll-free (855) 880-3201
TTY / TDD (360) 427-9593

Mason Clinic

1701 N. 13th Street
PO Box 1668
Shelton, WA 98584-5001
(360) 426-2653
Toll-free (800) 824-8885

MGH Hoodspport Family Clinic

4261 N US Highway 101
PO Box 279
Hoodspport, WA 98548
(360) 432-7781

Mason Health Anticoagulation Clinic

1701 N. 13th Loop Road
PO Box 1668
Shelton, WA 98584
(360) 427-9553

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www.masongeneral.com



Anticoagulation Clinic



Mason Health Anticoagulation Clinic

Mason Health Anticoagulation Clinic is a pharmacist-operated clinic. Patients on warfarin (Coumadin®) are managed by a knowledgeable pharmacist under the trusting direction of the patient's medical provider. The pharmacist will manage warfarin dosing, provide the prescription, and coordinate care with other providers when necessary.

- The initial appointment is scheduled for 45 minutes. Please arrive 15 minutes early for registration. Bring the most current insurance card and medication list. The patient will receive education and instruction on warfarin, be provided with results and dosing, and be scheduled for the next appointment. Subsequent appointments will be 15 minutes long.
- The blood test is done by a finger stick and requires only one drop of blood. The result is available immediately so the pharmacist can dose your warfarin before you leave.

Safety

The goal is to keep you safe! If you are using too much warfarin, you are at risk for bleeding. If you are using too little warfarin, you are at risk for clotting. Routine testing helps prevent these events.

Our specialty pharmacists are dedicated to providing the highest level of care for our patients.

Why is warfarin used?

Warfarin is used for patients who are at an increased risk for developing blood clots. Blood clots can lead to stroke, heart attack, or other dangerous medical events. Warfarin prolongs the time it takes the blood to clot so it is more difficult to form blood clots.



Mason Health's Anticoagulation Team includes, from left, Pharmacists Ingrid Lai, Jeff Mowry, Chris Mullins and Sara Barrow. Not pictured: Pharmacists Brennan Morrow, Theresa Arneson and Thuy-An Nguyen.

Health Care Team

Inform all of your health care providers (doctors, dentist, pharmacist, etc.) you are taking warfarin!

Medications

There are several medications that can interact with warfarin. ALWAYS let the Clinic pharmacist know if a medication has been prescribed, changed, or discontinued. Many over-the-counter (OTC) medications, vitamins, and supplements can interact with warfarin. ALWAYS talk to the Clinic pharmacist before taking any new OTC medication, vitamin, or supplement.

Nutrition and Dietary Concerns

CONSISTENCY is the key! If you decide to change your diet, contact the Clinic and discuss it with the pharmacist. There are many foods that can impact the effectiveness of warfarin, especially with foods high in vitamin K.

Alcohol, nicotine, tobacco, and marijuana can also impact your warfarin. Patients are encouraged to abstain or minimize use for health reasons.



Health Benefits



RESPONSIBLE FOR BLOOD CLOTTING



IMPROVES BRAIN FUNCTION



PROTECTS AGAINST CANCER



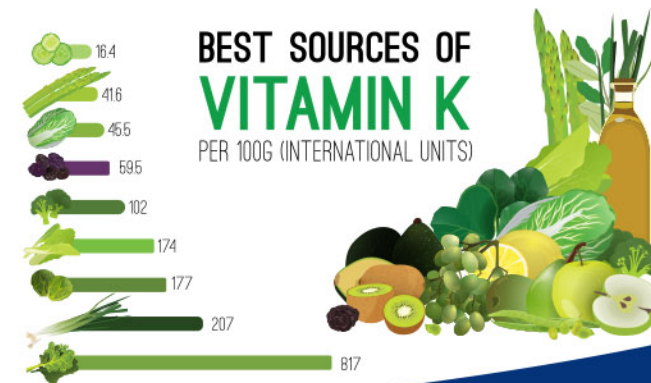
SUPPORTS HEART HEALTH



REDUCES MENSTRUAL FLOW



RESPONSIBLE FOR BONES BUILDING



Mission

United Community,
Empowered People,
Exceptional Health

Vision

Provide the best
patient-centered care in
the Pacific Northwest

Values

Service &
Relationships