

## 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.

## Health care team

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

## Medications

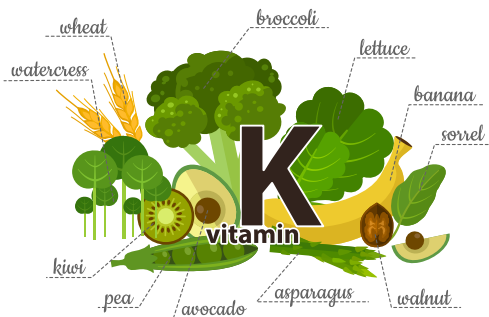
There are several medications that can interact with warfarin. ALWAYS let the Clinic pharmacist know if a medication has been prescribed, changed, or discontinued. Many over the counter (OTC) medications, vitamins, and supplements can interact with warfarin. ALWAYS talk to the Clinic pharmacist before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

## Diet

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.

### Vitamins infographic



### Mason General Hospital

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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  
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Se habla español.

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### MGH Ankle & Foot (6)

1812 N 13th Loop Rd.  
Shelton, WA 98584  
(360) 427-0366

### MGH Eye Clinic (2)

2300 Kati Court, Ste. C  
Shelton, WA 98584  
(360) 426-8717

### MGH Family Health (7)

1812 N 13th Loop Rd.  
Shelton, WA 98584  
(360) 426-3862

### MGH Hoodspout Family Clinic (11)

24261 N US Highway 101  
PO Box 279  
Hoodspout, WA 98548  
(360) 432-7781

### MGH Mountain View Women's Health (1)

2300 Kati Court, Ste. A  
Shelton, WA 98584  
(360) 426-0955

### MGH Oakland Bay Pediatrics (10)

247 Professional Way  
Shelton, WA 98584  
(360) 426-3102

### MGH Olympic Physicians (9)

237 Professional Way  
Shelton, WA 98584  
(360) 426-2500

### MGH Shelton Family Medicine (5)

939 Mtn. View Dr., Ste. 100  
Shelton, WA 98584  
(360) 426-2653

### MGH Shelton Orthopedics (3)

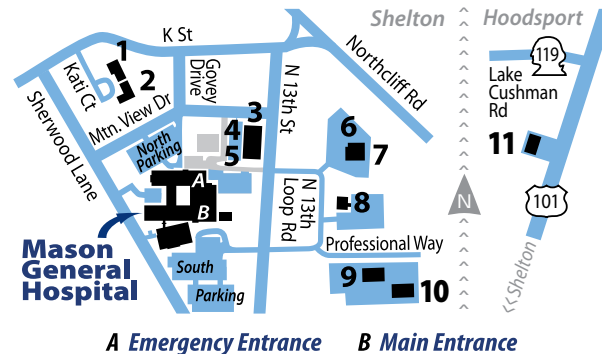
939 Mtn. View Dr., Ste. 130  
Shelton, WA 98584  
(360) 427-0663

### MGH Surgery Clinic (8)

1710 N 13th Loop Rd.  
Shelton, WA 98584  
(360) 426-4142

### MGH Walk-In Clinic (4)

939 Mtn. View Dr., Ste. 100  
Shelton, WA 98584  
(360) 432-3298



# Anticoagulation Clinic

We put  
patients first.



## MGH Anticoagulation Clinic

Mason General Hospital 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.

Pharmacist-operated clinics free up your medical provider to deal with other important medical issues. Our specialty pharmacists are dedicated to providing the highest level of care for our patients.

## Mission Statement

**We put patients first.** We provide quality medical care to assist the individuals of our community to restore and preserve their health. We conserve patient and community resources through a sustainable, financially viable, coordinated system of health care delivery.



## Directions to MGH Anticoagulation Clinic

1. Follow directions to Mason General Hospital's Main Entrance in the south parking lot.
2. From the Main (south) Entrance of the Hospital pass through the Surgery Waiting Area and turn right directly after the Gift Shop.
3. Proceed to the Diagnostic Imaging/ Anticoagulation Clinic waiting room on the left.
4. Go to desk number 3 to check in for your anticoagulation appointment.

**To reach MGH Anticoagulation Clinic call (360) 427-9553.**

