



Situational Safety: Traveling on Coumadin®

Patients taking Coumadin® (warfarin) can enjoy extensive travel. Proper planning should allow for minimal interruptions, and less stress, throughout a journey. Preparations include planning for medication storage, laboratory location, and diet or lifestyle considerations. It is critical to keep your doctor's telephone number with you at all times.

Medication

Patients should order enough medication for the entire duration of their travels. Patients traveling for an extended period of time should identify a local pharmacy that carries all strengths of warfarin. Some pharmacies may not carry all nine strengths of Coumadin® and generic warfarin available. A phone call to pharmacies at the destination, made well in advance of the extended travel, should ensure that all potentially needed tablets will be available.

Carrying medications in their original prescription bottles could avoid problems with airport security. Patients are also encouraged to wear medicine-identification jewelry, in the unlikely event of an accident or allergic reaction. The physician's phone number should be kept in an easily accessible location.

Testing During Travel

Patients need to follow their regular international normalized ratio (INR) testing schedule.¹ Patients should identify a convenient lab to have their blood drawn for INR testing during travel, and this is particularly true for international travel. To find a reliable lab, contact a physician at the travel destination.. Patients who self-test should follow their normal testing routine and call in test results according to their physician's instructions

Diet & Lifestyle

Travel will change the diet and lifestyle of almost every patient. Changes in INR test results may not occur until 3-5 days into travel. Changes in food, vitamin K intake, and physical activity affect metabolism, and as a result, the clearance of Coumadin® (warfarin)¹. While traveling, patients may experience some fluctuation in INR test results. Maintain your regular INR blood testing schedule, and keep in close communication with your physician if your INR test results are out of range.

Safe, stress-free travel means planning ahead. Create a simple checklist for your trip, and it may help reduce stress and allow you to better enjoy travel.

Visit: www.PTINR.com

1 Bristol-Myers Squibb Company. (2007). *Medication Guide for Coumadin Tablets and Coumadin for Injection* [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.