Taking phytomenadione (vitamin K) at home

Information for patients
Why do I need to take this medication?

Your INR (international normalised ratio) is high, which means your blood is taking longer to clot than it should. This can put you at risk of bleeding and bruising very easily.

What is the medication?

You have been prescribed phytomenadione, which is a type of vitamin K. This can be used to lower your INR level. The dose is either 2mg or 5mg.

These tablets are an unlicensed medicine. They are used because there is no licensed medication available that would treat your high INR. For further information about unlicensed medicines please refer to the leaflet you have been sent called ‘Unlicensed and “off label” medicines’.

How to take the phytomenadione medication

1. You will receive your phytomenadione as 1mg tablets.
2. You will receive either 2 or 5 tablets, depending on your INR.
3. Take all the tablets provided at the same time. This is a once only medication.

Is it safe to take this medication at home?

Yes. Phytomenadione is only given to be taken at home if you do not have any bleeding or excessive bruising. Many people have a high INR and do not get any bruising or bleeding.
What should I do if I have any bruising or bleeding?

If you do experience any bleeding or sudden bruising, please contact your emergency GP service or go to your local Emergency Department. Tell them your INR is high.

Should I take my warfarin today?

Do not take your warfarin today.

When should I have another INR blood test?

Please arrange to have your INR checked at your GP surgery in the morning. Do not take any more warfarin until you have been contacted by the Warfarin Clinic.

Who can I contact if I have questions about taking the medication?

If you have any questions or concerns about taking phytomenadione, please contact the:

**Warfarin Clinic**  
Tel: 01865 857 555  
(Monday to Friday, 9.00am to 5.00pm)

Or outside of these hours:

**Haematology Registrar (doctor) On-call**, via the Oxford University Hospitals switchboard:  
Tel: 01865 741 166
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk