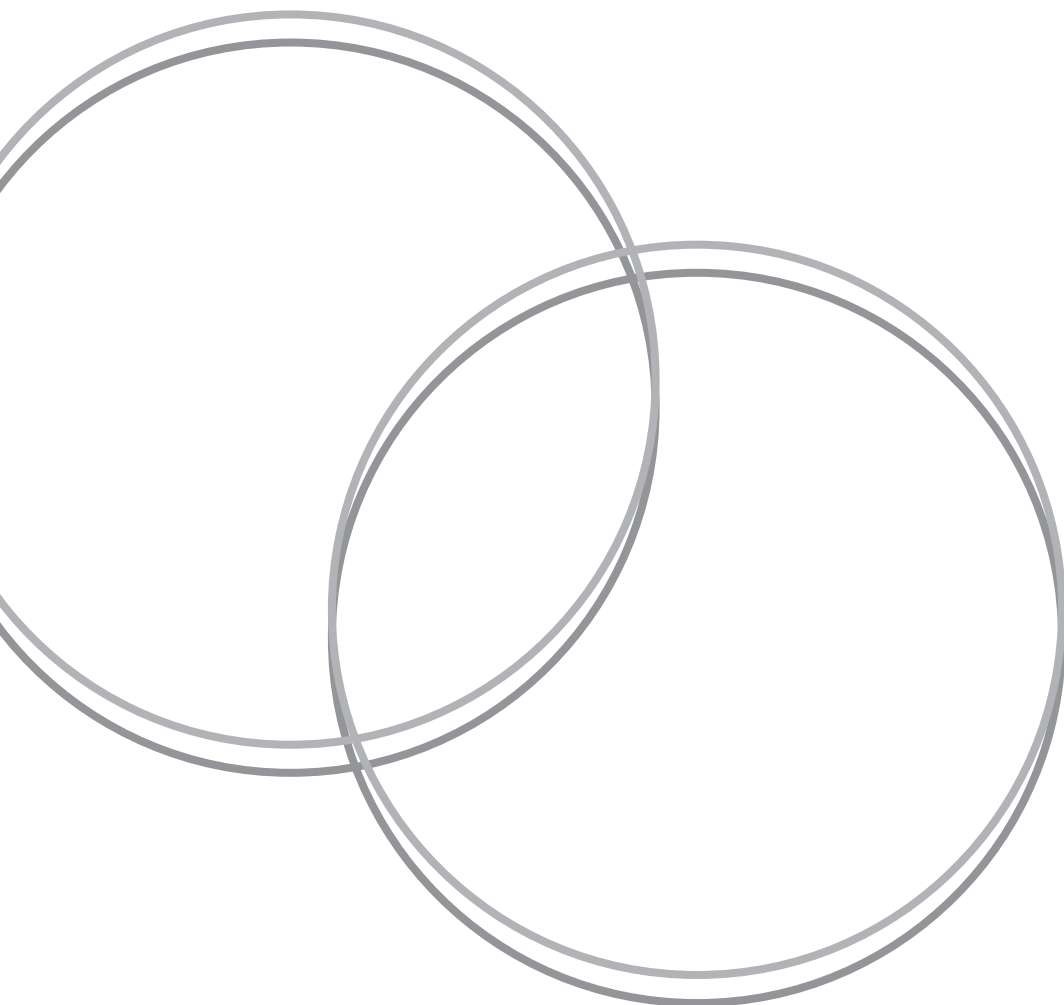


# Taking phytomenadione (vitamin K) at home

**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 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**

You will receive your phytomenadione as one 10mg tablet. You will need to break the 10mg tablet in half. Please take one half of it and keep the other half in a safe place. If you are unable to break the tablet in half it is safe to take the whole tablet. 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: **0300 304 7777**

## Further Information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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