

B-SAFE



How to “B-SAFE” While Taking Coumadin®/warfarin

- B** – **Bring** a list of all your medications with you wherever you go
- S** – **Standard** dose, time, and monitoring
- A** – **Adverse** effects
- F** – **Fall** and injury precautions
- E** – **Evaluate** and **Examine**



Helpful Reminders:

My doctor's contact information:

My pharmacy phone number(s):

Next appointments *(write in pencil)*:



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B-SAFE is for informational use only; see your doctor before pursuing any type of treatment options.

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