



What Women Taking Warfarin (Coumadin) Need to Know

Pregnancy

You should avoid getting pregnant while on warfarin. Talk to your doctor about the possible risks and possible warfarin alternatives to take during pregnancy to prevent clots.

Tell your doctor right away if you become pregnant while taking warfarin. Risks include the following:

- Birth defects (such as malformations, slow growth, developmental-behavioral problems, blindness, seizures)
- Spontaneous abortion
- Fetal bleeding
- Fetal death

Please use TWO forms of reliable birth control while on warfarin. These forms are listed below:

- No sex
- Condoms
- Hormonal contraception
- Birth control pills (progestin only)
- Depo-Provera (intramuscular injection)
- IUD

Avoid contraceptives that contain estrogen. Estrogen increases the risk of clots.

Lactation/Breastfeeding

Talk to your doctor if you are breastfeeding or plan to breastfeed. Warfarin does not enter breastmilk, so any risk to the infant is small.

Breastfeeding women should be monitored closely for anticoagulation problems. Watch the nursing infant for signs of bruising or bleeding.

Abnormal Bleeding

Menstrual bleeding may be heavier or longer than usual when on warfarin. Get medical help if bleeding is very heavy (needing to change a sanitary napkin or tampon more than every two hours).