

Taflen Wybodaeth Therapi Warfarin

Beth ydy gwrthgeulo?

Mae Warfarin yn stopio'ch gwaed rhag ceulo (clotio) yn eich pibellau gwaed. Mae'n cael ei ddefnyddio hefyd i stopio clotiau rhag mynd yn fwy a symud o gwmpas. Y gair cyffredin am atal ceulo ydy "teneuo'r" gwaed.

Beth ydy Warfarin?

Mae tabledi Warfarin yn dod mewn gwahanol liwiau er mwyn eich helpu i gymryd y dos cywir. Dyma'r lliwiau: **Pinc – 5 mg Glas – 3mg Brown – 1mg**

Os ydych chi i fod i gymryd hanner mg, gallwch dorri'r dabled frown ar hyd y llinell.

Mi fyddwch chi'n gadael yr ysbyty efo **Tabled Las – 3mg a Brown – 1mg**.

Bydd rhaid cael mwy o warfarin oddi wrth eich meddyg teulu.

Pryd?

Dylid cymryd y dos yn rheolaidd, am 6 pm bob dydd fel arfer. Os ydych chi'n anghofio cymryd dos peidiwch â chymryd dos dwbl y diwrnod wedyn. Os ydych chi'n anghofio cymryd mwy nag un dos ffoniwch y feddygfa neu'r clinig sy'n profi'ch gwaed.

International Normalised Ratio (INR)

Mae profion gwaed rheolaidd, sef INR yn angenrheidiol. Mae'r rhain yn monitro'r gwaed er mwyn gweld a yw'n rhy drwchus a gludiog neu'n rhy denau. 1.0 ydy INR rhywun sydd heb fod ar warfarin, felly po uchaf yr INR y teneuaf ydy'r gwaed. Felly mae'n bwysig monitro'n ofalus a mesur yr INR i weld a oes angen dos mwy, llai neu'r un dos o Warfarin. Mae'n debyg y gwneir hyn bob wythnos i ddechrau gan gynyddu'n raddol i hyd at 8 wythnos, pan fydd yn sefydlog.

Meddyginiaeth

Os ydych chi wedi dechrau cymryd **unrhyw** feddyginiaeth newydd, gan gynnwys meddyginiaeth dros y cownter neu feddyginiaeth lysieuol **rhaid** i chi gael prawf INR o fewn y 5 diwrnod nesaf. Siaradwch efo'r Nyrs neu'r Meddyg sy'n rhoi'ch profion gwaed. Os oes angen rhywbeth i leddfu poen, cynghorir chi i gymryd Paracetamol. Os oes angen unrhyw beth arall arnoch, cysylltwch â'ch fferyllfa er mwyn cael rhywbeth addas.

Gormod?

Rhai arwyddion o gymryd gormod o Warfarin yw cleisio, trwyn yn gwaedu a gwaed yn yr wrin. Cysylltwch â'r clinig sy'n monitro'ch gwaed am gyngor os oes gennych chi unrhyw symptomau. Y tu allan i oriau, cysylltwch â'r Gwasanaeth Meddygon y Tu Allan i Oriau, Galw Iechyd Cymru neu'r Adran Argyfwng yn Ysbyty Gwynedd.

Am faint?

Cafodd eich triniaeth ei chynllunio am

Profi Gwaed

Caiff profion gwaed a dosau eu trefnu un ai trwy'r ysbyty neu drwy feddygfa'ch meddyg teulu. Mae'ch prawf gwaed nesaf ar.....am.....

Diet ac Alcohol

Bwytwch ddiet normal iach a chymedrol, does dim rhaid cyfyngu ar eich diet. Peidiwch â newid eich diet yn ddramatig yn arbennig o ran rhai bwydydd arbennig e.e. llysiau gwyrdd, ffrwyth lliw tywyll, iau. Yfwch alcohol yn gymedrol – dim mwy na 2 uned y dydd.

Cerdyn Adnabod

Cariwch y cerdyn melyn Warfarin bob amser.

Am fwy o gyngor cysylltwch â'r feddygfa neu'r clinig sy'n monitro'ch gwaed.

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Warfarin Therapy Information Sheet

What is anticoagulation?

Warfarin stops your blood from clotting within your blood vessels. It is also used to stop existing clots getting bigger & moving around. Delaying clotting is commonly known as 'thinning' the blood.

What is Warfarin?

Warfarin tablets are colour coded to help you take the correct dose.

Colours are as follows: **Pink – 5 mg Blue – 3mg Brown – 1mg**

If you are asked to take half milligram, you can cut the brown tablet along the line.

You will be discharged from hospital with Blue – 3mg and Brown – 1mg.

Further supplies of Warfarin will need to be obtained from your GP.

When should it be taken?

The dose should be taken regularly at the same time each day, usually at 6 pm. If a dose is missed do not take a double dose the next day. If more than one dose is missed contact the surgery or clinic where you have your blood tests.

International Normalised Ratio (INR)

Regular blood tests are necessary, called INR. These monitor if the blood is too thick and sticky or too thin. The INR of a person who has not been on Warfarin is 1.0, therefore the higher the INR the, thinner the blood. It is important therefore to have close monitoring to measure the INR to see whether more, less or the same dose of Warfarin is required. This will probably be weekly initially and will gradually extend up to 8 weeks when stable.

Medication

If you are started on **any** new medication, including over the counter or herbal / alternative medication you **must** have your INR checked within 5 days. Speak to the Nurse or Doctor who takes your Warfarin blood tests. If you require pain relief, paracetamol is advisable. If you require anything other than this, check with your pharmacy to obtain a suitable alternative.

Too much?

How to recognise the signs of too much Warfarin could include bruising, nose bleeds and blood in the urine. Contact the clinic that monitors your blood for advice if you have any symptoms. Out of hours, contact the GP out of hours service, NHS direct or the Ysbyty Gwynedd Emergency Department.

How long?

Your treatment is planned for

Blood Testing

Blood testing and dosage is arranged either through the hospital or your GP surgery. Your next blood test is on at

Diet and Alcohol

Eat a normal healthy diet with everything in moderation- there are no dietary restrictions. Avoid dramatic changes in your diet, especially certain foods e.g. green vegetables, dark coloured fruit, liver. Take alcohol in moderation, not more than 2 units per day.

Identification

Carry the Yellow Warfarin card with you at all times.

For further advice contact the surgery or clinic that monitors your blood

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