

Vitamin K

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

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لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

This leaflet aims to answer common questions about your high International Normalised Ratio (INR) and the use of vitamin K.

What is vitamin K?

Vitamin K is also known as Phytomenadione and is needed by the body to make proteins which help the blood to clot.

Vitamin K can be used as an antidote to reverse the effects of warfarin.

Why have I been prescribed vitamin K?

You have been prescribed a dose of vitamin K because your International Normalised Ratio (INR) is too high. This means that your blood is too thin and will not clot quickly enough, which puts you at risk of bleeding.

A single dose of vitamin K is given by mouth to reverse the action of warfarin. This helps to prevent a hospital admission if you have no bleeding problems.

Why is my International Normalised Ratio (INR) high?

Your INR may have gone high for various reasons, which we will have already discussed with you.

Some drugs, especially antibiotics, can enhance the effect of warfarin, therefore it is important to let us know of any changes to your medication, including short courses of medication.

In other cases, if you are unwell or have diarrhoea this can also affect the INR. Also certain things that you drink or eat such as cranberry or grapefruit juice and excess alcohol may also enhance the effect of warfarin.

Is there anything else I need to do?

After taking vitamin K your INR will be reduced within 12 to 24 hours.

The risk of bleeding after this will be reduced but you will still need to watch out for signs of bleeding.

These include:

- Nose bleeds
- Excessive bruising
- Bleeding gums
- Black stools
- Vomiting blood
- Blood in your urine.

If you notice anything which you are worried about you must contact A&E or the anticoagulant clinic for advice. If you have an urgent problem out of hours, for instance excessive bruising, bleeding, severe headaches which make you feel sick, **it is very important you seek urgent assistance**. You can contact NHS 111, the out of hours emergency GP or attend the nearest Accident and Emergency Department or Urgent Care Centre.

Please make sure you have your warfarin information and last dosing instructions with you. You must not take any more warfarin until your INR has been taken again, this will be within one or two days. The anticoagulant clinic will contact you with further instructions. Your warfarin will probably be restarted at a lower dose and you may need more frequent INR tests.

Are there any side effects of vitamin K?

Giving vitamin K by mouth is safer than giving the drug by injection and is just as effective. However, there is a slight risk of a minor allergic reaction with any medication. Please seek assistance if you notice swollen lips or eyes, nasal congestion, a rash or itchy skin. Injected vitamin K rarely causes severe allergic reactions but may be required if the drug cannot be taken by mouth.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

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