



Information for patients
and carers

Administering oral vitamin K

Patient's Name:	NHS Number:
Address:	Date:
Authorised by:	
Issued by:	

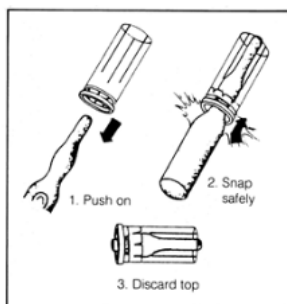
If your INR is greater or equal to 8.0, we recommend that you take a dose of vitamin K 2 mg orally. This is used to decrease the effect of warfarin/ sinthrome. Stop your warfarin/ sinthrome until you are retested in 1-3 days and are advised of new dose.

You will be provided with an ampoule, an ampoule breaker and a dispenser.

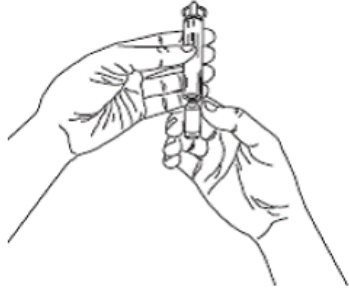


To administer the dose of oral Vitamin K follow the instructions below:

- Before opening the ampoule, shake contents into main body of ampoule.



- Using the end of the ampoule breaker with the narrower opening, firmly press it over the top of the ampoule until it clicks (as shown above).
- Hold the body of the ampoule between the thumb and first finger of one hand with the spot on the ampoule towards the thumb.
- Hold the top of the ampoule between the thumb and first finger of the opposite hand, and exert pressure away from the side with the spot. This will produce a clean break (as shown above).



- Draw up the solution from the ampoule into the dispenser. This is done by inserting the dispenser into the ampoule and resting it on the bottom of the ampoule (as shown above). Pull plunger slowly to draw up the medicine into the dispenser to the second mark (2mg) on the side of the dispenser.
- Place dispenser in mouth and press the plunger to administer the medicine.

As your INR blood test result is abnormal you are at risk of bleeding. It is very important that you report any bleeding or bruising to your emergency doctor promptly for further advice.

If you sustain a head injury/trauma or are unwell within 72 hours of receiving this medicine you must attend an Emergency Department. You will need to see a doctor to have a check-up.

If you are unsure about any information given in this leaflet, please contact the Anticoagulant Clinic.

Contact details

Should you require further advice or information please contact:

Preston and Chorley Anticoagulant service 01257 247104 (0830-1600 Monday-Friday)

Out of these hours please contact emergency GP.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Lancashire Teaching Hospitals is a smoke-free site

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

Department: Pathology
Division: Pathology
Production date: June 2019
Review date: June 2022
JR279 V1

