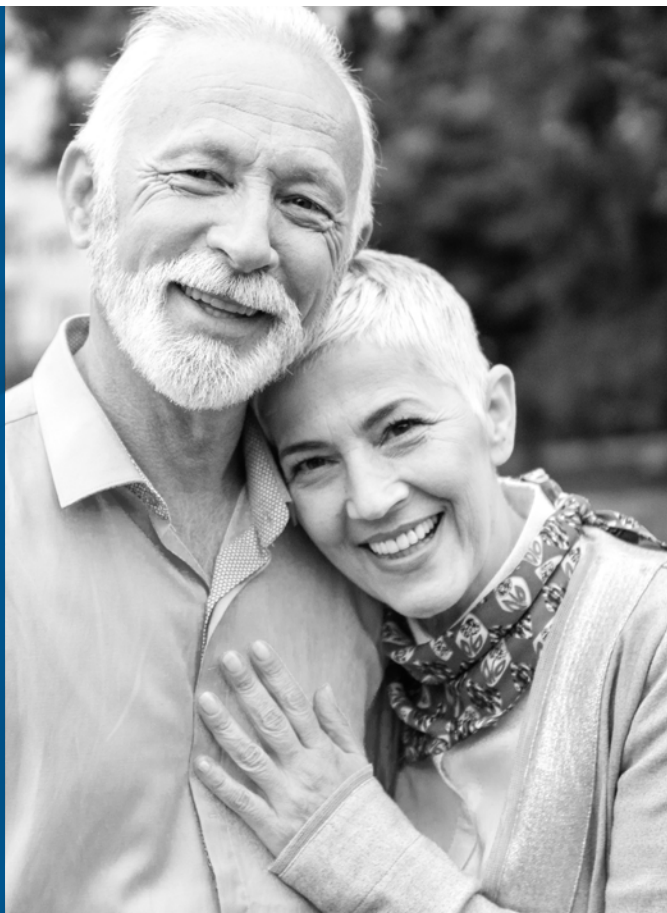


Living well with anticoagulants

The most important facts in brief

Marcumar®



This is a Marcumar® information service.



Dear Marcumar® patient,

Your physician has prescribed you Marcumar®. You will certainly have questions about why you are receiving this therapy. In this brochure, we would like to answer the most frequently asked questions. You will also find important instructions and tips for treating and managing your condition. Please also read the Marcumar® Information for Use leaflet. If you have any further questions, please contact your attending physician.

Why Marcumar®?

In certain diseases, it is necessary to suppress the body's natural coagulation in order to prevent clots from forming, for example in patients

- with thrombosis and/or lung embolisms
- with cardiac arrhythmia (atrial fibrillation)
- after placement of an artificial heart valve
- on long-term treatment for a heart attack if there is an increased risk of thromboembolic complications

How long your therapy will last may vary depending on your illness and is determined by your physician on a case-by-case basis. In patients with a blood clot, the treatment may be limited to 6–12 months. However, if Marcumar is prescribed for indications such as atrial fibrillation or an artificial heart valve, lifelong therapy may be required.

**Kind regards,
Your Viatris Team**

Monitoring and dosing

For various reasons, the dose of Marcumar® required varies greatly from patient to patient and can change over the course of therapy.

Regular checkups and monitoring are therefore sensible to ensure that your dose of Marcumar® is adjusted optimally. This involves regular measurements of your International Normalized Ratio (INR), previously called Quick's test. The INR shows how fast your blood clots and can be used to determine the efficacy and the right dosage of Marcumar®.

For that purpose, your attending physician will take blood from you every 4–6 weeks. As an alternative option, you can test your INR as part of “clotting self-management”, comparable to the self-measurements of blood glucose levels that people with diabetes perform themselves. However, this requires training. If you're interested in learning about self-measurement practices, your physician will be happy to give you the information.

Important!

Please go to your regular check-ups. Your physician will determine the frequency of your check-ups on an individual basis. Please enter your INR levels and the pill dosage in your Marcumar® diary. You should always carry your Marcumar® emergency ID with you at all times.

By the way, your physician or pharmacist will give you your Marcumar® emergency ID and Marcumar® patient diary.

As a rule of thumb, your INR levels are optimally adjusted within a therapeutic range of 2.0–3.0. In patients with a mechanical heart valve replacement, this range is 2.0–3.5. Nevertheless, every patient is assigned their own individual therapeutic INR range.



Therapeutic range

The therapeutic range is the range that facilitates medically necessary levels of anticoagulation in order to ensure protection against dangerous blood clots while simultaneously minimizing the risk of bleeding.

An INR < 2.0 indicates that the dose is too low
→ a dose elevation is necessary

An INR > 3.0 or 3.5 indicates that the dose is too high
→ a dose reduction is necessary

How to behave in case of injury or bleeding



- On Marcumar®, it may take longer to stop a bleed.
- If you suffer small cuts or minor injuries: Please elevate the extremity, apply a compression bandage and cool the wound if possible.
- In the case of bruising (hematoma), it is helpful, but not urgently necessary to apply a topical anti-swelling agent, such as arnica.
- Any unexplained spontaneous bleeding occurring on Marcumar®, such as bleeding from the bladder, intestine or vagina, should be considered abnormal and must be diagnosed by your physician.
- In the event of heavily bleeding wounds, deep cuts or head injuries, please go to your physician or hospital immediately.
- If you have frequent nose bleeds, please consult your ENT doctor to find out if sclerotherapy or other treatments are possible.
- If you frequently suffer from bleeding gums, please see your dentist. It can be helpful to have your teeth cleaned by a professional or, as appropriate, undergo periodontal treatment 2– 3 times a year.

Diet: What should I pay attention to?



If you are taking Marcumar®, the amount of vitamin K in your diet is significant. As a natural antagonist of Marcumar®, vitamin K1 in particular can reduce the drug's anticoagulant effect. If you eat a balanced diet, this effect will be minor. Nevertheless, you should only eat small quantities of foods that are rich in vitamin K1.

Vitamin K1 is present in both animal and plant-based foods, but is particularly high in leafy green vegetables. A reduction in INR or an elevation in Quick's test is only likely to occur if you eat excessive amounts or have an extremely one-sided diet consisting of foods with an excessively high vitamin K1 content.

It is not necessary to have a diet that is particularly low in vitamin K1 either. If you leave out leafy greens and vegetables altogether, you might even develop a vitamin K1 deficiency, fluctuating INR levels and thereby difficulties with your Marcumar® dose. It is recommended that you eat a sensible and relatively similar amount of leafy greens and vegetables in order for you to meet your daily vitamin K1 requirements.

Please note:

- Caution is advised when taking multi-vitamin products containing vitamin K1
- Avoid high-dose herbal products (e.g., with dried herbs). In case of doubt, closely monitor your INR levels after taking any such product.
- Whenever a change of diet is planned, first consult your physician, then closely monitor INR levels

At the end of this brochure, we have listed some examples of the vitamin K1 content of selected foods for you. In addition, further information and nutrition tables available in books or on the Internet can help you find out how you can make your diet varied and still meet your vitamin K1 requirements.

Interactions with other medicines



(e.g., painkillers, antibiotics, drugs taken as self-medication)

Taking other drugs or switching medication (even for a short period, like antibiotics, for example) can lead to a change in your INR levels and therefore require a dose adjustment of Marcumar®.

Note:

- Inform all physicians treating you (including dentists) about your Marcumar® therapy!
- Do not take any additional medications (including self-medication drugs or herbal preparations, etc.) without consulting your attending physician.
- Short-term INR checks are recommended before any changes in other medications.
- Avoid taking painkillers with the active ingredient “acetylsalicylic acid”. This active ingredient affects blood clotting and can lead to bleeding if taken at the same time as Marcumar®.
- You can also get advice on painkillers at your pharmacy. For short-term use, paracetamol would be a feasible alternative, but requires INR monitoring.

Marcumar® when traveling



As a Marcumar® patient, you can travel without any problems if you observe the following:

- Your INR value should be measured shortly before departure and shortly after return, as well as during travel, especially if you intend to be away for a longer period of time. Climate and dietary changes can cause short-term fluctuations in INR levels.
- Please carry your Marcumar® emergency ID, the Marcumar® patient diary and an adequate supply of Marcumar® with you and keep it in your hand luggage when flying.

Advice specifically for women



Marcumar® may cause harm to the unborn child during pregnancy, especially if the drug is taken between the 6th and 9th week of pregnancy.

Note:

It is therefore essential that you avoid becoming pregnant while taking Marcumar®. Please use reliable forms of contraception. Your gynecologist will be happy to advise you of your options!

In some cases, Marcumar® may cause heavier menstrual bleeding. If this happens to you, please talk to your gynecologist about it. There are several ways to influence the intensity of your menstrual bleeding. You should also have your iron (ferritin) levels checked regularly.

Alcohol and nicotine



Alcohol affects the action of Marcumar®:

One-time consumption increases the anticoagulant effect, while habitually drinking large quantities of alcohol may diminish the efficacy of Marcumar®. Please avoid drinking alcohol!

Nicotine does not affect INR levels. Nevertheless, it is a vascular toxin and the following therefore applies to Marcumar® patients: It is best to quit smoking!

How and when should Marcumar® be taken?

It is safest to always take Marcumar® at the same time of day. For practical reasons, the daily dose should be taken in the evenings after a meal. To do so, swallow the tablets whole with a small amount of liquid.

Vitamin K1 content of selected foods

Fruit / tropical fruits



	Vitamin K1 (µg/100 g)
Apple juice	< 1
Apples	4
Applesauce	< 1
Apricots	3
Avocado	21
Bananas, dried	27
Bananas, fresh	< 1
Blackberries	9
Blueberries	12
Cherries	2
Currants, black	30
Currants, red	11
Dates	3
Figs	5
Gooseberries	10
Grapes	15
Kiwi	40
Lemon / lime	< 1
Lychee	< 1
Mango	4
Melons	< 1
Mulberries	8
Nectarines	2
Olives	1
Oranges	4
Papaya	3
Passion fruit	< 1
Peaches	2
Pears	5
Persimmon (Sharon fruit)	3
Pineapple	< 1
Plums	8
Pomegranate	16
Raspberries	10
Rhubarb	29
Rose hips	92
Strawberries	5

Vegetables / legumes



	Vitamin K1 (µg/100 g)		Vitamin K1 (µg/100 g)
Artichokes	15	Iceberg lettuce	112
Arugula	109	Kale	705
Asparagus	39	Kohlrabi (turnip cabbage)	7
Basil	415	Lamb's lettuce	200
Bean sprouts, cooked	71	Leafy vegetables	280
Beans, green	25	Leeks	47
Beans, white	90	Lentils	123
Beet, white	2	Mushrooms	14
Beetroot	5	Mushrooms, dried	156
Black salsify	40	Mushrooms, fresh	15
Broccoli	155	Onions, raw	1
Brussels sprouts	177	Onions, roasted	265
Carrots	15	Paprika	11
Carrots	15	Parsley	421
Cauliflower	16	Parsley root	50
Celery	29	Parsnips	1
Celery sticks	29	Peas, dry	81
Celery tuber	41	Peas, green	29
Chard	414	Potato	2
Chickpeas	264	Purslane	381
Chicory	200	Radish	50
Chinese cabbage	80	Red cabbage	25
Chives	380	Rhubarb	11
Corn	3	Sauerkraut	8
Cress	60	Savoy cabbage	67
Cucumbers	13	Soybeans	39
Daikon	< 1	Spinach	483
Dandelion leaves	778	Sweet potato	2
Eggplants	4	Tomato	6
Endives	200	Tomato, concentrate	108
Fennel	240	Vine leaves	109
French beans	47	Watercress	250
Garden cress	542	White cabbage	76
Head lettuce / Romaine lettuce	103	Zucchini	11
Horseradish	50		

Since leafy green vegetables and salads are especially high in vitamin K1, you should use these greener leaves moderately, for example chicory or leek. Instead, you can opt to eat the lighter colored parts of the plant.

Milk / Milk products



Vitamin K1
(µg/100 g)

Ayran	1
Butter	7
Buttermilk	1
Cheese, various	20-35
Clarified butter	7
Cottage cheese	< 1
Cow's milk	< 1
Herb butter	112
Kefir	2
Margarine	51
Mozzarella	20
Quark, full-fat	50
Quark, half-fat	23
Quark, skimmed	1
Schmand (German sour cream)	30
Sheep cheese	30
Sour cream	20
Whipped cream	30
Yogurt	< 1

Other



Vitamin K1
(µg/100 g)

Algae	300
Barbecue sauce	36
Cashews	26
Garlic powder	< 1
Garlic, fresh	2
Gingerbread	16
Grape juice	< 1
Hazelnut	9
Honey	25
Hummus	3
Muesli	32
Nut cake	25

Fats / Oils



Vitamin K1
(µg/100 g)

Almond oil	8
Cocoa butter	15
Coconut oil	10
Corn oil	31
Grape seed oil	280
Olive oil	33
Palm oil	8
Peanut oil	1
Pumpkin seed oil	112
Rapeseed oil	72
Rice oil	25
Safflower oil	11
Sesame oil	10
Soybean oil	184
Sunflower oil	10
Walnut oil	15
Wheat germ oil	25

Peanut butter	< 1
Peppernuts	17
Pine nuts	54
Pistachios	60
Potato chips	23
Pumpkin seeds	7
Sesame	2
Sponge cake cookies	35
Sunflower seeds	2
Tzatziki	55
Walnuts	3
Yeast dough	13

Cereals / Flour



Vitamin K1
(µg/100 g)

Barley	1
Barley flour	2
Black bread	3
Bread, multigrain	30
Bread/rolls	9
Buckwheat	7
Bulgur	2
Cornmeal	< 1
Couscous, cooked	< 1
Crispbread	13
Flaxseed	5
Oat bran	3
Oat flour	4
Oatmeal	2
Rye bread	3
Rye flour	50
Rye flour, dark	6
Soy flour, defatted	4
Wheat bran	2
Wheat bread	5
Wheat flour, wholemeal	2
Wheat flour, light	< 1
White bread	< 1

Fish



Vitamin K1
(µg/100 g)

Caviar	0
Herring	15
Mackerel	7
Oysters	< 1
Pike	8

Meat / Poultry / Sausage



Vitamin K1
(µg/100 g)

Beef	13
Beef, offal	81
Bockwurst	11
Bratwurst	14
Cervelat sausage	14
Chasseur sausage	13
Chicken	17
Chicken egg	9
Chicken liver	80
Cordon bleu	24
Corned Beef	20
Cutlet / chops	40
Doktorskaya	9
Ham	15
Köfte (Turkish meat balls)	10
Lamb	0
Liver paté	51
Liver sausage	19
Meat salad	61
Meatballs	40
Meatloaf	11
Pork	18
Pork, offal	61
Ring bologna sausage	13
Rump steak	15
Salami	12
Sucuk	40
Veal	13
Veal liver	89
Pike-perch	3
Rolled pickled herring	48
Salmon	9
Trout	8
Tuna	1

Marcumar[®]-Hotline

0800 - 0700 800

(Monday to Friday, 8:00 a.m. - 5:00 p.m., free of charge)

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