Sintrom is an anticoagulant medication that prevents blood clotting. The mechanism of action is based on blocking effects of vitamin K. Vitamin K is one of the coagulation factors and blocking vitamin K action, it prevents the formation of blood clots.

A blood clot (thrombus) can be very dangerous because it can clog blood vessels and lead to pulmonary embolism, heart attack or stroke. Therefore it is very important to prevent the formation of blood clots. This medicine is used in the following situations:

- Prophylaxis and treatment of deep vein thrombosis
- Prevention of thrombus formation after heart surgery

**Precautions**

Sintrom cannot be used or can be used, only with great caution in the following conditions:

- Allergic to Sintrom or other similar medications. Allergy symptoms include:
  - skin rash,
  - itching,
  - redness,
  - swelling of the tongue,
  - swelling of the face,
  - swelling of the throat,
  - difficulty breathing. An allergy can lead to anaphylactic shock, which can be fatal.
- If you are at high risk for bleeding or you bleed easily. Sintrom cannot be used in patients...
with active hemorrhage (e.g. stomach ulcer).
- Liver damage. In these patients, there is an increased risk of bleeding.
- Hypertension (high blood pressure).
- If you have a metabolic disorder (especially a metabolism of vitamin K).
- Malnutrition.
- If you have diabetes.

Sintrom makes your blood thinner, so it is very difficult to stop the bleeding while using acenocoumarol. Avoid activities that may cause injury and bleeding! If you experience any form of bleeding (e.g. bleeding gums while brushing your teeth), contact your doctor immediately.

### Use during pregnancy and breast feeding

Sintrom may harm the unborn baby. Therefore it should not be used during pregnancy. It can be used only if the benefit to the mother outweighs the risk to the unborn baby. Sintrom passes into breast milk and may harm your baby. Therefore it is recommended to avoid breast-feeding while using acenocoumarol.

### Use and Dose

Dose of Sintrom depends on the condition and INR need to be achieved. INR need to be achieved depends on the condition and is in the range from 2 to 4.5.

Recommended dose:
- Day 1: **Sintrom 4 mg** to 12 mg
- Day 2: 4 mg to 8 mg

Initial dose of Sintrom is lower, and can be gradually increased until the right INR (prothrombin time) is achieved.

You will often do laboratory tests to determine the value of INR and determine the appropriate dose. It is very important to take the drug always at the same time of day. Avoid foods that are rich in vitamin K, such as:
- cabbage,
- spinach,
- cauliflower,
- nettle,
- chestnut,
- tomato,
- carrot,
- kelp,
- light green vegetables.

Taking these foods along with Sintrom, reduces the effect of this medication and increases the risk of developing a blood clot (thrombus).

### Overdose

Symptoms of overdose include:
bleeding (bleeding from the nose, vaginal bleeding, blood in urine, blood in the stool, bleeding in the joints, subcutaneous bleeding and others),

- nausea,
- vomiting,
- rapid heartbeat (tachycardia) and others. This bleeding will be very difficult to stop, and you need to see your doctor as soon as possible. Overdose is treated with vitamin K injection (phytomenadione).

Use with other medications (Interactions)

Sintrom cannot be used or can be used, only with great caution with the following medications:

- Medications used in the therapy of hypertension, arrhythmia, and angina pectoris such as:
  - amlodipin,
  - verapamil,
  - nifedipine,
  - nicardipine,
  - diltiazem,
  - amiodarone. Concomitant use of Sintrom with these medications increase the risk of bleeding.

- Medications used in the treatment of bacterial and fungal infections (antibiotics) such as:
  - erythromycin,
  - doxycycline (Dovicin),
  - chloramphenicol,
  - clarithromycin,
  - co-trimoxazole (Bactrim),
  - fluconazole,
  - ketoconazole,
  - metronidazole (Orvagil) and others. These medications enhance the effect of Sintrom and increase the risk of bleeding!

- Non-steroidal anti-inflammatory medicines (NSAID) used in the treatment of pain, inflammation and fever, such as:
  - diclofenac (Diklofen),
  - ketoprofen,
  - flurbiprofen,
  - ibuprofen (Brufen),
  - acetylsalicylic acid (Aspirin, Andol),
  - meloxicam (Movalis),
  - piroxicam,
  - sulindac, and others. These medications increase the risk of bleeding.

- Medications used in the treatment of epilepsy such as:
  - phenytoin,
  - phenobarbital.

- Medications used in the treatment of diabetes:
  - glimepiride,
  - gliclazide and others.

Tell your doctor about all medications and herbal preparations, or you are taking.
Sintrom Side effects

Sintrom may cause the following side effects:

1. nausea,
2. vomiting,
3. alopecia (hair loss),
4. allergic reaction.

Allergy symptoms include:

- skin rash,
- itching,
- redness of the skin,
- swelling of the face,
- swelling of the tongue,
- swelling of the face,
- difficulty breathing.

An allergy can lead to anaphylactic shock, which can be fatal! The most dangerous side effect of Sintrom is bleeding. Bleeding can occur in several places:

- nosebleeds,
- blood in the urine (dark urine),
- blood in stool (black stools),
- vomiting blood,
- blood in the sputum when you cough,
- subcutaneous bleeding,
- vaginal bleeding and other types of bleeding.

If you notice any side effects, contact your doctor.