

25. Coumadin® (and other coumarin drugs) - long-term use

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Q: "I was told I'll need to be on coumadin for life. Are there any additional steps I need to take to ensure good health while on coumadin? Any research going on for people who will be on coumadin for over 20 years?"

A: No additional steps are needed.

Good INR control is the key issue to minimize the risk of bleeding with warfarin (= coumadin) and other coumarin drugs ([see Q/A 26](#)). There are no known long-term risks of taking coumarin drugs (such as coumadin) other than the risk of bleeding and the side effects that one may also see with short-term use. Long-term coumarin drug use does not damage the liver and does not lead to coumarin resistance with ever increasing dose requirements. Patients on long-term coumarin drugs should keep stay informed about the "blood-thinning" drugs in development, such as Exanta® ([see Q/A 2](#)).