



## **If You Take Coumadin or Warfarin**

Coumadin (warfarin) helps keep your blood from clotting. This increases your risk of bleeding. For safety and best results, always take this medication as instructed. Also, be sure to have blood (INR/protime) tests as directed. Because diet and other medications can affect your INR/protime, follow the tips below to ensure that Coumadin works as it should.

### **Keep Your Diet Steady!**

*Vitamin K helps your blood clot. So eating foods that contain vitamin K can affect the way Coumadin works. You don't need to avoid foods containing vitamin K, but you do need to keep the amount of them you eat steady (the same from day to day). If you change your diet for any reason, such as illness or to lose weight, be sure to tell your healthcare provider.*



**The following foods are high in vitamin K. For Coumadin to work as it should, keep the total amount you eat of these foods the same each day.**

Asparagus	Cabbage	Kale	Soybeans
Avocado	Coleslaw	Lettuce	Spinach
Broccoli	Collard greens	Mustard greens	Swiss chard
Brussels sprouts	Endive	Sauerkraut	Turnip greens

### **Other food products can affect the way Coumadin works in your body**

- Food products that may affect blood clotting include cranberries and cranberry juice, fish oil supplements, garlic, ginger, licorice and turmeric.
- Herbs used in herbal teas or supplements can also affect blood clotting. Keep the amount of herbal teas and supplements you use steady.
- Alcohol can increase the effect of Coumadin in your body.

**HELPFUL HINTS: You need to take Coumadin as directed. Take Coumadin at the same time each day. If you miss a dose, take the next one at the normal time. Never take two doses at once. Because it keeps your blood from clotting, you also need to protect yourself from injury.**

#### **Call your Healthcare provider BEFORE you take your next dose if you have any of these problems:**

- Bleeding that doesn't stop in 10 minutes
- A heavier-than-normal period or bleeding between periods
- Coughing up or vomiting blood
- Diarrhea or bleeding hemorrhoids
- Dark urine or black stools
- Red or black and blue marks that become larger
- A fever or an illness that gets worse
- Dizziness or fatigue
- Chest pain or trouble breathing
- A serious fall or a blow to the head
- Excessive or unexplained bruises
- Bleeding gums

#### **More Helpful Hints:**

- Have blood (INR/protime) tests done as often as directed. This is the only way to check if your dosage is right.
- Check with your healthcare provider before taking any other medications. This includes aspirin, vitamins and herbal supplements.
- Tell all healthcare providers that you take Coumadin. It's also a good idea to wear a medical-alert bracelet.
- Use a soft toothbrush and floss gently.
- Use an electric razor to avoid cuts.
- Don't go barefoot or trim corns or calluses yourself.
- Protect yourself from falling. Wear shoes with nonskid soles. Don't play rough contact sports.