

# Warfarin (Coumadin) and Diet

(Adapted from the Warren Grant Magnuson Clinical Center, National Institutes of Health Drug-Nutrient Interaction Task Force)

## Why am I taking Warfarin (Coumadin)?

Your provider prescribed this medication because you are at risk for forming blood clots. Blood clots can travel to your heart and brain and cause dangerous events such as heart attack and stroke to occur. Warfarin (Coumadin) lengthens the time required by your body to form clots.

## Why do I need frequent blood tests?

Your provider needs to monitor your International Normalized Ratio (INR), which measures the time it takes for your blood to clot. Patients taking Warfarin (Coumadin) need their INR's to be within a target range. Having your INR within the target range will minimize your risk of bleeding (too much medication) and clot formation (too little medication).

## Why do I have to be careful about my diet?

Vitamin K is needed for clot formation. Warfarin (Coumadin) decreases the activity of Vitamin K. Keep your dietary intake of Vitamin K consistent from day to day. For your convenience, try to follow the dietary guidelines below.

Foods high in Vitamin K (Max 1 serving/day)	<ul style="list-style-type: none"> <li>• Kale, fresh, boiled (1/2 cup)</li> <li>• Spinach, fresh, boiled (1/2 cup)</li> <li>• Turnip greens, frozen, boiled (1/2 cup)</li> <li>• Collards, fresh, boiled (1/2 cup)</li> <li>• Swiss chard, fresh, boiled (1/2 cup)</li> <li>• Parsley, raw (1/4 cup)</li> <li>• Mustard greens, fresh, boiled (1/2 cup)</li> </ul>
Foods moderately high in Vitamin K (Max 3 servings/day)	<ul style="list-style-type: none"> <li>• Brussels sprouts, frozen, boiled (1/2 cup)</li> <li>• Spinach, raw (1 cup)</li> <li>• Turnip greens, raw, chopped (1 cup)</li> <li>• Green leaf lettuce, shredded (1 cup)</li> <li>• Broccoli, raw, chopped (1 cup)</li> <li>• Endive lettuce, raw (1 cup)</li> <li>• Romaine lettuce, raw (1 cup)</li> </ul>
Foods low in Vitamin K (Unlimited servings)	<ul style="list-style-type: none"> <li>• Iceberg lettuce</li> <li>• Red cabbage</li> <li>• Asparagus</li> <li>• Soybean oil</li> <li>• Coffee and tea</li> </ul>



## What else should I know about Warfarin (Coumadin)?

- Warfarin (Coumadin) has interactions with many other medications, including antibiotics, vitamins, and supplements. Always tell your provider what other medications and supplements you are taking and always remind your provider that you are taking Warfarin (Coumadin) if you are being prescribed a new medication.
- Alcohol may increase the effect of this medication.
- Talk to your healthcare provider if you have any further questions or concerns.

## CALL THE CLINIC IF YOU FEEL

<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Weakness</li> <li>• Prolonged or abnormal bleeding</li> <li>• Heavier menstrual flow</li> </ul>	<ul style="list-style-type: none"> <li>• Easy bruising</li> <li>• Headaches</li> <li>• Tarry stools/blood in stools</li> <li>• Blood in urine</li> </ul>	<ul style="list-style-type: none"> <li>• Cold intolerance</li> <li>• Fainting spells</li> <li>• Fatigue</li> </ul>
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