

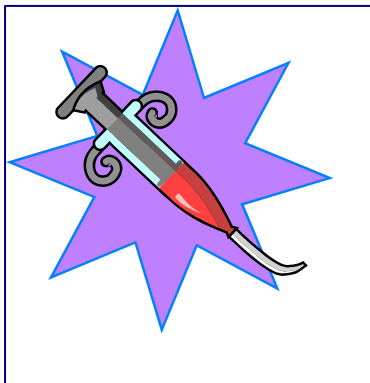


## Coumadin and Vitamin K Rich Foods



### What is Coumadin?

**Coumadin**, also known as Warfarin, decreases blood clotting. Blood clots may cause loss of a limb, strokes, and in some cases even death. **Coumadin** pills come in different colors, and each color contains a different dose. Your doctor will decide the right dose for you.



### How much Coumadin should I take?

To find the right dose, your doctor will collect a small amount of your blood and do a prothrombin test also known as Pro-time or PT test. This should be done regularly as the dose may need to be adjusted.

**CAUTION**

**Do not take Coumadin if you have or have recently had any of the following:**

- Surgery
- Stomach ulcer or bleeding in the stomach
- Stroke
- Aneurysm
- Spinal puncture or lumbar block anesthesia
- Heart problems

### To keep your blood thin:

- Take Coumadin exactly as prescribed by your doctor.
- Always take Coumadin at the same time of the day.
- Do not make sudden changes to your diet.
- Exercise regularly.
- Have your Pro-time checked regularly.
- Never take a double dose.
- Take each dose with a full glass of water.
- Do not stop taking Coumadin without first talking to your doctor.

### **Before taking Coumadin tell your doctor about -**

- Any heart, kidney or liver disease
- High cholesterol or high blood pressure
- Diabetes or cancer
- Any problems with blood or blood vessels
- Thyroid disease
- Any medications
- Any plans for surgery

### **Side effects of taking Coumadin**

#### **include:**

- Severe bleeding
- Easy bruising
- Blood in stool
- Tarry stools
- Blood in urine
- Blood in vomit
- Jaundice
- Others are possible, so be aware

### **What is Vitamin K?**

Vitamin K is a fat soluble vitamin used in the body to control blood clotting. Green leafy vegetables are among the best sources of vitamin K. Vitamin K rich foods decrease the effects of **Coumadin**, so Vitamin K intake should be consistent so the dose of coumadin is right. Vitamin K rich foods include:

- |                    |  |                                    |
|--------------------|--|------------------------------------|
| • Liver            | • Parsley                              | • Green tea                        |
| • Cauliflower      | • Cabbage                              | • Chick peas                       |
| • Broccoli         | • Mustard greens, collards and turnips | • Kale                             |
| • Brussels sprouts | • Alfalfa sprouts                      | • Soybeans                         |
| • Spinach          | • Swiss chard                          | • Cottonseed, canola and olive oil |
| • Swiss Chard      | • Coriander                            | • Cheddar cheese                   |

- Sudden increases in Vitamin K may decrease the effect of Coumadin
- Sudden decreases in Vitamin K may increase the effect of Coumadin
- Watch how often you eat Vitamin K rich foods
- Watch how much you eat of Vitamin K rich foods



\*Post telephone numbers of your doctor, pharmacist, and registered dietitian for quick reference when you have questions or concerns about Coumadin.

**Report any changes in your diet to your doctor**

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