

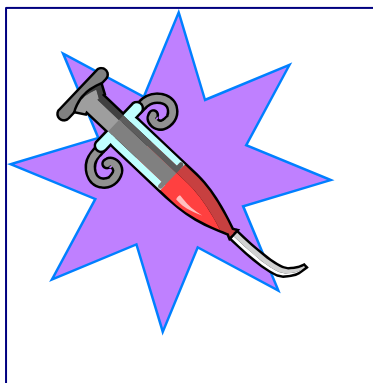


Coumadin and Vitamin K Rich Foods



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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