



Patient Information from

PROTIME (INR) – COUMADIN®

While you are taking Coumadin® (Warfarin Sodium), an anticoagulant, you should eat a consistent level of foods that are high in Vitamin K. This is because changing levels of Vitamin K may interfere with Coumadin and make it less effective.

If you plan to change your diet (due to a fresh garden crop ripening, etc.) notify your physician so your blood levels may be monitored more frequently. The following foods should be eaten on a consistent and regular basis if you choose to include these healthy foods in your diet.

- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Collard greens
- Cranberry juice (limit to 1 C daily)
- Endive
- Green scallion
- Kale
- Dark green leaf lettuce
- Mustard greens
- Onions
- Parsley
- Soy beans and oil
- Spinach
- Turnip greens
- Watercress
- Wheat bran

Foods to avoid (very high in Vitamin K):

- Green tea
- Herbal teas that have tonka beans, melilot (sweet clover), or sweet woodruff in them
- Algae (seaweed) supplements (found as vitamin additives or in natural food stores)
- Liver

——— *Comments about Coumadin® (Warfarin) drug interactions:* ———

ALWAYS CHECK WITH YOUR PHYSICIAN OR PHARMACIST FOR POSSIBLE INTERACTS WITH YOUR COUMADIN:

- Daily multivitamins or chewable calcium supplements (could contain vitamin K)
- A course of antibiotics
- New medications (prescription or over-the-counter)
- Many herbal therapies (check before starting or stopping herbals while you are taking Coumadin).

Many drugs interact with Coumadin® (warfarin). Always ask your physician or pharmacist when starting a new prescription or over the counter drug. Just a few of the drugs that interact with warfarin are:

Alcohol
Amiodarone (Cordarone®)
Aspirin`
Cimetidine (Tagamet)
Fenofibrate (Tricor®)
Many antifungals
Many antibiotics
NSAIDS (e.g. Celebrex, ibuprofen and naproxen)
Thyroid and Levothyroxine
Vitamin E

Information provided by MMC Dietary and Pharmacy departments, (reviewed 2009)