



# ***Patient Information form***

## **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 as these foods are **VERY HIGH in Vitamin K.**

- Kale
- Spinach
- Brussels sprouts
- Collard greens
- Mustard green
- Turnip greens
- Swiss chard
- Broccoli
- Asparagus
- Chamomile or green tea
- Cranberry juice
- Grapefruit juice
- Seaweed
- Cabbage
- Cauliflower
- Endive
- Green scallion
- Onions
- Parsley
- Soy beans and oil
- Watercress
- Wheat bran

*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)*