Mercy Medical Center OF TODAY

Nutrition Services

Food and Drug Interaction Information Sheet

Warfarin (generic of chemical name)
Brand name: **Coumadin**

What does coumadin do?

-Coumadin is an anticoagulant used to prevent blood clots. It works by decreasing the activity of vitamin K, the clotting vitamin. Coumadin increases the bleeding time, the time it takes for a clot to form.

Important factors to consider while taking coumadin:

- Check with your doctor or pharmacist before taking or stopping any medication, vitamin, or herbal supplement.
- Many supplements, including herbal supplements, may interact with coumadin making it more or less effective. Garlic, ginger, and ginkgo, for example, may increase your risk of bleeding.
- Avoid drinking large amounts of alcohol (greater than 3 drinks daily).
- Do not take aspirin or products that contain aspirin without discussing it with your doctor.
- If you choose to take a multivitamin, choose one without vitamin K.
- Keep your intake of vitamin K foods consistent. Keep consistent **how often** you eat vitamin K foods and the **portion sizes** of vitamin K foods.

Food Sources of Vitamin K			
Foods high in vitamin K *Limit to one serving daily*		Foods moderately high in vitamin K *Limit to three servings daily*	
Swiss chard	_ c, cooked	Scallion	_ c, raw
Turnip greens	_ c, cooked	Seaweed, dulse	_ c, dried
Kale	_ c, cooked	Chickpeas, dry	1/3 c, cooked
Collard greens	_ c, cooked	Soybean oil	1 Tbsp
Spinach	_ c, cooked	Canola oil	1 Tbsp
Brussels sprouts	_ c, cooked	Lentils, dry	_ c, cooked
Watercress greens	_ c, cooked	Broccoli, raw/cooked	_ c
Liver	3 oz, cooked	Soybeans, dry	_ c, cooked
		Cabbage, green	_ c
		Mustard greens	_ c
		Lettuce	_ c
		Cauliflower	_ c
		Egg	1 large

Dietitian's Name **Phone #**