How to take Coumadin (Warfarin)

Your doctor gave you Coumadin (Warfarin). This is a medicine that prevents blood clots. Here are some things to know when you take Coumadin.

1. **Do not drink alcohol like beer, wine or liquor** while you take Coumadin.
2. **Keep track of how much Vitamin K you eat.**
   - Eating foods that have Vitamin K may affect the way Coumadin works.
   - You don’t need to stop eating foods that have Vitamin K, but eat the same amount every day.
   - If you change what you eat for any reason, talk to your nutritionist.
   - Talk to your nutritionist or doctor about how much Vitamin K you can eat.

   **Foods that have lots of Vitamin K are:**
   - Asparagus
   - Avocado
   - Broccoli
   - Brussel sprouts
   - Cabbage
   - Canola oil
   - Cauliflower
   - Collard greens
   - Endive
   - Herbal teas
   - Chickpeas
   - Kale
   - Lentils
   - Lettuce
   - Liver
   - Mayonnaise
   - Parsley
   - Seaweed
   - Soybeans
   - Spinach
   - Swiss chard
   - Turnip greens
   - Watercress

3. **Don’t eat foods or have drinks that have cranberry** like cranberry juice or juice cocktail, cranberry muffins, supplements, sauces or dried cranberries.

4. **Don’t take herbs or supplements that have:**
   - Vitamin E
   - Fish oil
   - Saw palmetto
   - Vitamin K
   - Ginko
   - Coenzyme Q10
   - Garlic
   - Ginseng
   - St. John’s wort
   - Ginger

   Talk to your doctor before you start or stop taking any herbal supplements.

If you have questions, talk to the nutritionist at your CHN center!