

# 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	Cauliflower	Lentils	Soybeans
Avocado	Collard greens	Lettuce	Spinach
Broccoli	Endive	Liver	Swiss chard
Brussel sprouts	Herbal teas	Mayonnaise	Turnip greens
Cabbage	Chickpeas	Parsley	Watercress
Canola oil	Kale	Seaweed	

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!**