

If you're taking Coumadin (Warfarin)

IF YOU'RE TAKING COUMADIN (WARFARIN)...

- Follow instructions for getting your blood tested regularly. These tests, called PT/INR tests, tell your doctor if your blood is clotting at the right level.
- Regulate your eating habits. Avoid drastic changes. It's especially important to be consistent in the amount of dark green, leafy vegetables (like spinach) you eat from day to day. These are high in vitamin K, which affects how Coumadin works in your body.
- Limit cranberry juice. Drink no more than ½ cup of cranberry juice per day. Drinking more than this can affect how Coumadin works in your body. Your doctor may also tell you to avoid drinking grapefruit juice at the same time you take your Coumadin (doctor advice varies).
- Talk to your doctor before taking aspirin or arthritis medications. Acetaminophen (Tylenol) is best for pain, since it doesn't interfere with Coumadin levels.
- **CALL YOUR DOCTOR** if you notice bleeding from your gums, or blood in your urine or stools.

Vitamin **K**
Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals



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