



COUMADIN:

also known as Warfarin



What is Coumadin?

Coumadin is an anticoagulant or blood thinner. It works by reducing the body's ability to make blood clots. However, it does not break up blood clots that have already formed.

Why take Coumadin?

Coumadin can help lower your risk of heart attack, stroke, or even death by helping prevent clots that could cause complications.

What should I do?

Tell your healthcare provider about any medicines and herbal supplements you are taking.

Keep eating habits and activities consistent every day.

Get your blood tested when advised.

Take your medicine exactly as your provider tells you.

Call your provider when you get sick, hurt, or a cut that won't stop bleeding.

Tell anyone giving you medical or dental care that you are taking Coumadin

What should I avoid or not do?

If you miss a dose, NEVER take two tablets to "catch up"



Do not take Coumadin if there is any chance you are pregnant

Avoid alcohol.

Avoid any activity or sport that may increase your risk of injury.

Do not go barefoot!

Do not take any other medications or herbal products before talking to your healthcare provider.



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Possible side effects of Coumadin include allergic reactions and bleeding. Call your doctor if you notice these problems:

- headache, dizziness, or weakness
- bleeding of gums when brushing your teeth
- unusual bruising for unknown reasons
- more bleeding than usual when you get your menstrual period or unexpected bleeding from the vagina
- bleeding from shaving or other cuts that does not stop
- nosebleeds
- throwing up blood
- dark brown yellow
- red or black color in stool
- unusual pain or swelling

It is important to eat a normal, balanced diet and that you consume a consistent amount of Vitamin K.

- Vitamin K helps your blood make clots, and is found in certain foods.
- Coumadin is working to prevent clots from forming.
- If you take in too much Vitamin K, it can stop the Coumadin from doing its job.
- You do not need to avoid foods with Vitamin K. Just eat consistent amounts of vitamin K rich foods everyday.

Foods very rich in Vitamin K:

Mayonnaise
Canola oil
salad oil
soybean oil
broccoli
brussels sprouts
cabbage
collard greens
green scallion
kale
lettuce
mustard greens
parsley
spinach
turnip greens
watercress

Foods rich in Vitamin K:

margarine,
olive oil
asparagus
red cabbage
iceberg lettuce
peas
dill pickles



Reference:

<http://www.coumadin.com/consumer/consumer.shtm>