**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.

<table>
<thead>
<tr>
<th>What should I do?</th>
<th>What should I avoid or not do?</th>
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<tbody>
<tr>
<td>Tell your healthcare provider about any medicines and herbal supplements you are taking.</td>
<td>If you miss a dose, NEVER take two tablets to “catch up”</td>
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<td>Keep eating habits and activities consistent every day.</td>
<td>Do not take Coumadin if there is any chance you are pregnant</td>
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<tr>
<td>Get your blood tested when advised.</td>
<td>Avoid alcohol.</td>
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<tr>
<td>Take your medicine exactly as your provider tells you.</td>
<td>Avoid any activity or sport that may increase your risk of injury.</td>
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<tr>
<td>Call your provider when you get sick, hurt, or a cut that won’t stop bleeding.</td>
<td>Do not go barefoot!</td>
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<tr>
<td>Tell anyone giving you medical or dental care that you are taking Coumadin</td>
<td>Do not take any other medications or herbal products before talking to your healthcare provider.</td>
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</table>
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

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