Do not take Coumadin if you have or have recently had any of the following:

- Surgery
- Stomach ulcer or bleeding in the stomach
- Stroke
- Aneurysm
- Spinal puncture or lumbar block anesthesia
- Heart problems

What is Coumadin?

Coumadin, also known as Warfarin, decreases blood clotting. Blood clots may cause loss of a limb, strokes, and in some cases even death. Coumadin pills come in different colors, and each color contains a different dose. Your doctor will decide the right dose for you.

How much Coumadin should I take?

To find the right dose, your doctor will collect a small amount of your blood and do a prothrombin test also known as Pro-time or PT test. This should be done regularly as the dose may need to be adjusted.

To keep your blood thin:

- Take Coumadin exactly as prescribed by your doctor.
- Always take Coumadin at the same time of the day.
- Do not make sudden changes to your diet.
- Exercise regularly.
- Have your Pro-time checked regularly.
- Never take a double dose.
- Take each dose with a full glass of water.
- Do not stop taking Coumadin without first talking to your doctor.
What is Vitamin K?

Vitamin K is a fat soluble vitamin used in the body to control blood clotting. Green leafy vegetables are among the best sources of vitamin K. Vitamin K rich foods decrease the effects of Coumadin, so Vitamin K intake should be consistent so the dose of coumadin is right. Vitamin K rich foods include:

- Liver
- Cauliflower
- Broccoli
- Brussels sprouts
- Spinach
- Swiss Chard
- Parsley
- Cabbage
- Mustard greens, collards and turnips
- Alfalfa sprouts
- Swiss chard
- Coriander
- Green tea
- Chick peas
- Kale
- Soybeans
- Cottonseed, canola and olive oil
- Cheddar cheese

- Sudden increases in Vitamin K may decrease the effect of Coumadin
- Sudden decreases in Vitamin K may increase the effect of Coumadin
- Watch how often you eat Vitamin K rich foods
- Watch how much you eat of Vitamin K rich foods

*Post telephone numbers of your doctor, pharmacist, and registered dietitian for quick reference when you have questions or concerns about Coumadin.

Report any changes in your diet to your doctor

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Bulletin # FDNSE 89-33 Date April 2005

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.
Gale A. Buchanan, Dean and Director