Your doctor has started you on Coumadin (coo-ma-din)/Warfarin a medicine that helps prevent blood clots. It is used to prevent heart attacks, strokes, blood clots in the leg and lungs, and other problems from clots.

The body uses Vitamin K to naturally clot the blood to stop bleeding from cuts. You get the Vitamin K the body needs mostly from green leafy vegetables. Coumadin/Warfarin and Vitamin K must be kept in balance in the blood so Coumadin/Warfarin can work correctly to keep the blood at its proper thickness.

Watch What You Eat
Because Vitamin K can change the way Coumadin/Warfarin works in your body; you need to watch how much Vitamin K rich foods you eat. The amount of Vitamin K in your blood needs to stay the same all the time. Do not make sudden changes in the amount of green leafy vegetables you eat. The recommended dietary intake of Vitamin K per day is 70-80 micrograms (mcg).

*Avoid High Vitamin K Foods
(More than or equal to 160 mcg/serving)
- Greens cooked ½ cup
  Includes collard, mustard, turnip and beet greens.
- Spinach cooked ½ cup
- Kale cooked ½ cup

*Limit Moderate Vitamin K Foods
(Eat no more than 1 serving a day – 40-160 mcg/serving)
- Spinach, raw 1 cup
- Brussels sprouts, cooked ½ cup
• Endive, raw 1 cup
• Leaf lettuce, raw 1 cup
• Broccoli
  • Cooked ½ cup
  • Raw 1 cup
• Cabbage, cooked ½ cup
• Asparagus, cooked ½ cup

*Other Foods to watch while on Coumadin/Warfarin

• Alcohol
  • Avoid alcohol as it can boost the effect of Coumadin/Warfarin. This could make it hard to stop bleeding from a cut. Ask your doctor about this.

• Fruits to Limit
  • Limit intake of mango, papaya and avocado.
  • Limit cranberry juice to no more than 16oz. per day.

• Oil and Spreads
  • Limit use of canola, olive, and soybean oils, margarine, salad dressing and mayonnaise to less than 6 tablespoons per day.
  • Note: corn, sunflower, safflower and peanut oils are low in Vitamin K so you do not need to limit.

• Vitamin, Health Drinks and Herbs
  • Most vitamin pills and health drinks, such as Boost or Ensure, have Vitamin K. Check with your doctor before you start or stop using them.
  • Many herbs can change the way Coumadin/Warfarin works. This could make clots more likely to happen. Ask your doctor or pharmacist about them.

Remember
Keep the amount of Vitamin K you eat the same each day. If you change what you eat, you may change the way Coumadin/Warfarin works in your body.

For more information, visit:
http://www.coumadin.com
How can I find a Doctor?
St. Vincent Charity Hospital has doctors who have special training with Coumadin/Warfarin. To contact one of our doctors, please call:

**Physician Referral Line** at 1.800.223.8662

Our doctors serve with a deep respect for all. Their goal is to give the best care and education whether or not a person can pay.

**St. Vincent Charity Hospital**
2351 East 22nd Street
Cleveland, Ohio 44115
216.861.6200
TTY: Ohio Relay 1.800.750.0750

**HealthCare Center at Saint Luke’s Pointe**
11201 Shaker Boulevard
Cleveland, Ohio 44104
216.721.6900

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