

Current Recommendations for Managing your Diet on Warfarin (Coumadin®)

Many factors can affect the absorption of warfarin, the most common anticoagulant medication. However, a healthy diet can be achieved and maintained while on anticoagulant medications. Keeping your diet consistent is one of the best ways to help your medication work at its best. Avoid any major changes (too much or too little) of the foods you eat. It's also important to inform your physician or healthcare professional about changes in your eating patterns or use of any dietary supplements. The purpose of this handout is to empower you with the knowledge necessary to make proper food choices while on warfarin.

The current U.S. Food and Drug Administration (FDA) approved Medication Guide created for patients by the drug manufacturer includes recommendations for managing the diet while taking warfarin. The Medication Guide states:

Some foods and beverages can interact with warfarin (COUMADIN®) and affect your treatment and dose.

Eat a normal, balanced diet. Talk to your healthcare provider before you make any diet changes. Do not eat large amounts of leafy, green vegetables. Leafy, green vegetables contain vitamin K. Certain vegetable oils also contain large amounts of vitamin K. Too much vitamin K can lower the effect of COUMADIN®.

For more information on current and emerging cranberry research, visit www.Cranberryinstitute.org.

If you have questions about warfarin, visit: www.PTINR.com. The PTINR.com® website, developed by Alere™ Anticoagulation Solutions, is dedicated to informing people on warfarin how to live healthier, safer lives.

The Medication Guide can be downloaded from the Bristol-Meyers Squibb website: <http://www.bms.com/products/Pages/home.aspx>. It is also available on the Coumadin® product site: <http://www.coumadin.com/index.html>. Medication guides are also posted on the FDA site: <http://www.fda.gov/Drugs/DrugSafety/ucm085729.htm>.