

Helpful Hints: Warfarin



Medications

- Call ACC any time prescription or over-the-counter medications are changed, added, or discontinued.
- Avoid NSAIDs unless approved by your doctor (Advil, ibuprofen, Motrin, aspirin, Aleve, naproxen).
- Take warfarin at the same time each day. Use of a pillbox or med minder is recommended.
- Never adjust your warfarin dose on your own. Call for earlier appointment if you are ever concerned.
- If you miss a dose and remember within 12 hours, you should take it. Take your next dose at the regular time. If you miss a dose for longer than 12 hours, call your nurse to discuss.
- Vitamins, supplements, and “natural” products may interact with warfarin. Discuss changes, including changes to multi-vitamins, with your nurse.
- Tylenol (acetaminophen) is the recommended pain reliever. Discuss with your nurse if you take more than 1500mg or three extra strength tablets per day.
- Notify all care providers, including your dentist, that you take warfarin.
- Do not stop warfarin without talking to your doctor or nurse. Doing so may increase your risk of a clot or stroke.
- Notify your nurse if you receive a different color of warfarin tablets or you are told the manufacturer has changed.

Diet/Alcohol/Exercise

- Keep amount of Vitamin K rich foods (greens/purples) consistent and discuss dietary changes with your nurse.
- Meal replacements such as Boost or Ensure contain Vitamin K. Discuss with your nurse if you start, change, or stop having these.
- Notify your nurse if your activity level suddenly increases or decreases.
- Review list of foods high in Vitamin K on reverse. Grapefruit, mango, papaya, and cranberry products may interact with warfarin. Discuss these with your nurse.
- Alcohol increases risk of bleeding. Limit to 1 or less alcoholic beverages per day. Discuss changes in alcohol consumption with your nurse.
- Smoking, including marijuana, may also cause changes in your INR. Discuss changes with your nurse.

What to do if you experience bleeding:

- Call 911 for any major bleeding or severe injury.
- For nosebleeds: apply pressure by using your thumb and index finger to pinch nostrils together for 10-15 minutes. If bleeding does not stop after 30 minutes, go to ER. If bleeding stops, but nosebleeds occur frequently, call your doctor.
- For skin injuries/abrasions: apply firm pressure to site of bleeding. Call 911 or have someone take you to the ER if bleeding will not stop after 10 minutes of applying pressure.
- Call 911 if you vomit red blood or coffee ground like material. Go to ER if you pass large blood clots with your stool, have constant rectal bleeding, or have bloody, black, or tarry bowel movements. Call your doctor if you have any other signs of bleeding such as blood on toilet paper, drops of blood in toilet, or red streaks in stool.

Miscellaneous

- Anticoagulation Clinic: (541) 984-2940
- PCP: _____ Phone: _____
- Please contact your nurse if you experience fever, vomiting, or diarrhea for longer than 24 hours.
- Medical alert bracelets are recommended.

Vitamin



Vitamin K causes the INR to decrease. Eating foods containing Vitamin K is okay, but you should try to be consistent with Vitamin K intake from week to week. Discuss dietary changes with your nurse.

HIGH Vitamin K (More than 100mcg; serving sizes noted)

- Broccoli, raw (1 cup)
- Broccoli, frozen (½ cup)
- Brussels sprouts (½ cup)
- Endive, raw (1 cup)
- Greens, beet (½ cup)
- Greens, collard (½ cup)
- Greens, mustard (½ cup)
- Greens, turnip (½ cup)
- Kale (fresh or frozen, ½ cup)
- Kale, raw (1 cup)
- Onions, green or scallion (½ cup)
- Parsley (10 sprigs)
- Spinach (frozen or canned, ½ cup)
- Swiss chard (½ cup)

MODERATE Vitamin K (25-100mcg; serving sizes noted)

- Asparagus (5 spears)
- Boost (1 can/bottle)
- Cabbage, coleslaw (½ cup)
- Cabbage, green (½ cup)
- Celery (½ cup)
- Chinese cabbage/bok-choi (½ cup)
- Dried peas, black-eye (½ cup)
- Ensure (1 can/bottle)
- Green pepper (½ cup, or 1 medium)
- Kiwi (1 medium)
- Lettuce, green leaf or romaine (1 cup)
- Noodles, spinach (½ cup)
- Okra (½ cup)
- Plums or Prunes (5 each)
- Rhubarb (½ cup)
- Tuna, light canned in oil (3 oz.)
- V8 (1 can/bottle)
- Watercress (1cup)

LOW Vitamin K (less than 25mcg; serving sizes noted)

- Artichoke (1 medium)
- Avocado (1 oz)
- Beans, green or yellow (½ cup)
- Blackerries/Blueberries (½ cup)
- Carrots or carrot juice (½ cup)
- Cauliflower (½ cup)
- Cucumber with peel (½ cup)
- Dried beans and peas (½ cup)
- Grapes, red or green (½ cup)
- Lettuce, iceberg (1 cup)
- Pear (1 medium)
- Peas, green (½ cup)
- Pickles, dill or kosher (1 spear)
- Sauerkraut (½ cup)
- Soybeans (½ cup)
- Tomato (1 medium)
- Zucchini (1 medium)