

WARFARIN/JANTOVEN PATIENT EDUCATION

We at **Cardiovascular Institute of the South** want to offer the clearest information relating to your anticoagulation (blood thinning) therapy to help you to become compliant with your warfarin diet and medication regimen. Please review the information below and call **your CIS clinic** if you do not understand any part of therapy so we can assist you as needed.

Dosage Issues:

- Take warfarin/Jantoven as prescribed. Make sure you are taking the:
 - Correct **Milligram** dosage
 - **Color** of tablet
 - **Number** of tablets
- If you miss one dose and remember the SAME DAY, take the missed dose even though it is later. If you remember the NEXT DAY, do not take extra and notify Coumadin nurse.
- Set up a daily routine for taking medication. (when brushing teeth in evening, at bedside, with supper, note on bathroom mirror)
- Use a separate pill planner only for Anticoagulation medication
- You will be given directions on how to take medication each time your INR is checked.

Effect of other Medications:

- Many drugs affect the action of warfarin therefore, inform all your Physicians that you are taking Warfarin/Jantoven.
- Check with your pharmacist **AND your CIS Coumadin (warfarin) Nurse** before taking any new medications such as antibiotics, pain medications, steroids, allergy/sinus medications, herbs, or over the counter drugs.

Effect of Lifestyle:

- Eating habits (consistent with Vit K foods)
- Alcohol consumption (thins blood)
- Usual amount of Exercise is changed
- Notify Warfarin nurse if you are planning an extended trip.
- Use soft toothbrush to prevent bleeding gums
- Use caution when trimming nails
- Report to Warfarin nurse if you begin drinking any dietary supplement such as (Boost/Ensure/Nepro/Glucerna, Slim Fast)

Complications:

Warfarin affects the clotting factors in your blood so it is important to **call promptly** if any of the following occur:

- Bloody/tarry black stool (bowel movements)
- Blood with coughing or vomiting
- Unexplained/increase in bruising
- Red or dark brown urine
- Increased menstrual bleeding
- Nosebleeds (apply firm pressure)
- Swollen joints/large swelling from a bump
- Have a hard fall and hit head

Go directly to the EMERGENCY ROOM if:

- Chest pains, increased shortness of breath
- Abnormal bleeding that does not stop after applying pressure
- Discomfort in arms, back, neck, or jaw

WARFARIN CAUSES BIRTH DEFECTS-Inform your Warfarin nurse if you are or become pregnant.

REMINDERS:

- Take Warfarin at the same time each day preferably in the evenings pending any dosage changes. It is not necessary to take with a meal.
- Be careful to avoid a sports injury & using sharp knives. Wear shoes to avoid stepping on sharp objects. Use electric razor instead of straight razor. These things can cause excessive bleeding.

Monitoring:

- If you are checking INR at an outside lab, call Warfarin nurse to notify of lab draw.
- Provide **current** contact numbers so you can be reached for warfarin dosing.
- Wear a **Blood Thinner Medic Alert** bracelet/necklace/key tag
- Notify Warfarin nurse if another MD instructs you to stop Warfarin for any length of time.
- Virtual Care Center 24/7--1-844-347-9622



Coumadin® (Warfarin) and Your Diet

This information downloaded from the Dr. Gourmet web site. For more information on eating healthy and eating well go to www.drgourmet.com.

In General

The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. Vitamin K changes the way warfarin affects the blood. When you eat foods that are high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication

The key is to try to eat a similar amount of foods that contain vitamin K each day. Don't make any major changes to your diet without speaking with your doctor. If you want to lose weight, eat a lower fat diet or become a vegetarian, your doctor would want to know about these changes to help manage your warfarin.

Leafy green vegetables have contain higher amounts of vitamin K and one rule of thumb is to suspect that green veggies, cabbages and lettuces are high in Vitamin K. Also certain legumes like peanuts and peas might cause problems. Certain vegetable oils have high amounts of vitamin K.

Foods that are low in vitamin K include roots, bulbs, tubers, some fruits and fruit juices. Cereals, grains and other milled products are low in vitamin K.

Keep in mind that the amount of foods you eat with vitamin K add up. So if you eat a more foods that contain medium amounts of vitamin K in a particular day, your vitamin K intake will be high for that day.

What about alcohol?

You should avoid drinking alcohol while taking warfarin because alcohol can change the way your body responds to the medicine. Talk with your doctor about this. He or she may tell you that it's fine to drink alcohol but may want you to have a similar amount of alcohol each day so that your blood levels of warfarin remain stable.

| Vegetables | Serving Size | |
|---------------------------------|---------------------|--------|
| Anchovies, fillets | 1 each | Low |
| Asparagus, cooked | 5 spears | Medium |
| Asparagus, raw | 5 spears | Medium |
| Beans, green, cooked | 1 cup | Medium |
| Beets, cooked, sliced | 1 cup | Low |
| Broccoli, cooked, chopped | 1 cup | High |
| Broccoli, raw, chopped | 1 cup | High |
| Brussels sprouts, cooked | 1 cup | High |
| Brussels sprouts, raw | 1 cup | High |
| Cabbage, Chinese, raw, shredded | 1 cup | Medium |
| Cabbage, napa, raw, shredded | 1 cup | High |
| Cabbage, red, raw, shredded | 1 cup | Medium |
| Carrots, cooked, slices | 1 cup | Medium |
| Carrots, raw, strips or slices | 1 cup | Low |
| Cauliflower, cooked | 1 cup | Medium |
| Cauliflower, raw | 1 cup | Low |



Coumadin® (Warfarin) and Your Diet : 2

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|----------------------------------|----------|--------|
| Celery | 1 stalk | Low |
| Collard Greens, cooked | 1 cup | High |
| Corn, yellow, cooked | 1 cup | Low |
| Corn, yellow, raw | 1 cup | Low |
| Cucumber | 1 medium | Low |
| Eggplant, cooked, cubed | 1 cup | Low |
| Eggplant, raw, cubed | 1 cup | Low |
| Endive, raw, chopped | 1 cup | High |
| Fennel | 1 bulb | Low |
| Garlic | 3 cloves | Low |
| Kale, raw, chopped | 1 cup | High |
| Leek, raw | 1 medium | High |
| Lettuce, arugula | 1/2 cup | Low |
| Lettuce, Boston/Bibb, raw | 1 cup | High |
| Lettuce, green leaf, raw | 1 cup | High |
| Lettuce, Iceberg, raw | 1 cup | Low |
| Lettuce, red leaf, raw | 1 cup | Medium |
| Lettuce, Romaine, raw | 1 cup | High |
| Mushrooms, raw | 1 cup | Low |
| Mustard greens, raw, chopped | 1 cup | High |
| Okra, cooked | 1 cup | High |
| Onions, green/scallions, raw | 1 cup | High |
| Onions, white/red/yellow, raw | 1 cup | Low |
| Parsley, raw | 1 cup | High |
| Parsnips, cooked | 1 cup | Low |
| Peas & onions, frozen, cooked | 1 cup | Medium |
| Peas, green, cooked | 1 cup | High |
| Peas, green, frozen, cooked | 10 oz | High |
| Peas, sugar snap, cooked | 1 cup | High |
| Pepper, green bell | 1 medium | Low |
| Pepper, jalapeno | 1 medium | Low |
| Pepper, red bell | 1 medium | Low |
| Pepper, red chili, hot | 1 each | Low |
| Pepper, yellow sweet | 1 medium | Low |
| Potato, red, cooked | 1 medium | Low |
| Potato, sweet, cooked | 1 medium | Low |
| Potato, white, baked | 1 medium | Low |
| Shallots, chopped | 1 Tbsp | Low |
| Snow peas, raw | 1 cup | Low |
| Spaghetti/Marinara sauce | 1 cup | Medium |
| Spinach, cooked | 1 cup | High |
| Spinach, frozen | 10 oz. | High |
| Spinach, raw | 1 cup | High |
| Squash, acorn | 1 cup | Low |
| Squash, butternut, cooked, cubed | 1 cup | Low |
| Squash, summer, cooked | 1 cup | Low |
| Swiss Chard, raw | 1 cup | High |



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| Tomato paste | 1 Tbsp | Low |
| Tomato sauce, canned, no salt | 1 cup | Low |
| Tomato, plum | 1 | Low |
| Tomato, raw | 1 medium | Low |
| Tomatoes, canned, whole | 1 cup | Low |
| Tomatoes, cherry | 1 cup | Low |
| Tomatoes, sun-dried | 1 cup | Medium |
| Turnip greens, raw | 1 cup | High |
| Turnips, cooked | 1 cup | Low |
| Watercress, raw | 1 cup | High |
| Zucchini, cooked | 1 cup | Low |

| Fruits | Serving Size | |
|-----------------------------|---------------------|--------|
| Apple, peeled | 1 medium | Low |
| Apple, with peel | 1 medium | Low |
| Applesauce | 1 cup | Low |
| Avocado | 1/4 | Low |
| Banana | 1 medium | Low |
| Blackberries | 1 cup | Medium |
| Blueberries | 1 cup | Medium |
| Cantaloupe, cubed | 1 cup | Low |
| Cherries, no pits | 1 cup | Low |
| Cranberries, dried | 1/3 cup | Low |
| Cranberries, raw | 1/3 cup | Low |
| Currants | 1/2 cup | Low |
| Grapes, red/green, seedless | 1 cup | Medium |
| Kiwi fruit | 1 medium | Medium |
| Lemon | 1 medium | Low |
| Lime | 1 medium | Low |
| Mango | 1 cup | Low |
| Melon, cantaloupe, diced | 1 cup | Low |
| Melon, honeydew, diced | 1 cup | Low |
| Orange | 1 medium | Low |
| Orange peel | 1 tsp. | Low |
| Peach | 1 medium | Low |
| Pear | 1 medium | Low |
| Pineapple, fresh, diced | 1 cup | Low |
| Plum | 1 each | Low |
| Prunes, dried | 2 each | Low |
| Pumpkin, canned | 1 cup | Medium |
| Raisins | 1/2 cup | Low |
| Strawberries, fresh, sliced | 1 cup | Low |
| Watermelon, fresh, cubed | 1 cup | Low |

| Meats | Serving Size | |
|---------------------|---------------------|-----|
| Bacon, pork, cooked | 2 strips | Low |
| Beef stock | 1 cup | Low |



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| Beef, cooked, lean | 3.5 ounces | Low |
| Beef, ground, fried, lean | 3.5 ounces | Low |
| Chicken stock | 1 cup | Low |
| Chicken, cooked, breast, no skin | 3.5 ounces | Low |
| Clams, canned, chopped | 1 can | Low |
| Clams, fresh | 3.5 ounces | Low |
| Crabmeat, cooked | 1 cup | Low |
| Fish, cod, cooked | 3.5 ounces | Low |
| Fish, grouper, cooked | 3.5 ounces | Low |
| Fish, haddock, cooked | 3.5 ounces | Low |
| Fish, halibut, cooked | 3.5 ounces | Low |
| Fish, salmon, cooked | 3.5 ounces | Low |
| Fish, sole, cooked | 3.5 ounces | Low |
| Fish, tuna, canned | 3.5 ounces | Low |
| Fish, tuna, cooked | 3.5 ounces | Low |
| Lamb, cooked | 3.5 ounces | Low |
| Liver, beef, cooked | 3.5 ounces | Low |
| Mussels, cooked | 3.5 ounces | Low |
| Pork, cooked | 3.5 ounces | Low |
| Scallops, cooked | 3.5 ounces | Low |
| Shrimp, cooked | 3.5 ounces | Low |
| Turkey pepperoni | 3.5 ounces | Low |
| Turkey sausage, cooked | 3.5 ounces | Low |
| Turkey, cooked, no skin | 3.5 ounces | Low |

| Starches | Serving Size | |
|-----------------------------|--------------------------|-----|
| Tortilla, flour, 6-inch | 1 each | Low |
| Bulgar, cooked | 1 cup | Low |
| Bread, white/wheat/rye | 1 slice | Low |
| Crackers, graham | 2 squares | Low |
| Rice, wild, cooked | 1 cup | Low |
| Cornmeal, yellow | 1 cup | Low |
| Flour | 1cup | Low |
| Melba toast, plain | 1 cup, rounds | Low |
| Couscous, cooked | 1 cup | Low |
| Bagel | 1 whole | Low |
| Biscuit | 1 | Low |
| Cornbread | 1 piece - 2.5 x 2.5-inch | Low |
| Cornmeal, blue | 100 grams | Low |
| Cornstarch | 1 cup | Low |
| Crackers, saltine | 4 squares | Low |
| Croutons, plain | 1 cup | Low |
| English muffin | 1 | Low |
| Grits, cooked | 1 cup | Low |
| Pasta, dry | 1 oz | Low |
| Rice, white & brown, cooked | 1 cup | Low |



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| Tortilla, corn, 6-inch | 1 each | Low |
| Cereals | | |
| Barley, dry | 1/4 cup | Low |
| Cereal, cream of wheat | 1 cup | Low |
| Cereal, oatmeal | 1 cup | Low |
| Grits, cooked | 1 cup | Low |

| Legumes and Beans | Serving Size | |
|--------------------------------------|---------------------|--------|
| Almonds | 1 oz | Low |
| Bean sprouts, mungo, fresh | 1 cup | Medium |
| Beans, black, dried, cooked | 1 cup | Low |
| Beans, garbanzo, canned | 1 cup | Low |
| Beans, great northern, canned | 1 cup | Low |
| Beans, great northern, dried, cooked | 1 cup | Low |
| Beans, kidney, canned | 1 cup | Low |
| Beans, kidney, dried, cooked | 1 cup | Low |
| Beans, lima, dried, cooked | 1 cup | Low |
| Beans, navy, canned | 1 cup | Low |
| Beans, navy, dried, cooked | 1 cup | Low |
| Beans, pinto, canned | 1 cup | Low |
| Beans, pinto, dried, cooked | 1 cup | Low |
| Beans, red kidney, canned | 1 cup | Low |
| Beans, red kidney, dried, cooked | 1 cup | Low |
| Cashews | 1/2 cup | Medium |
| Lentils, dry, cooked | 1/4 cup | Low |
| Peanut butter, low fat | 1/4 cup | Low |
| Peanuts | 2 Tbsp | Low |
| Pecans, chopped | 1 cup | Low |
| Pine nuts | 1 oz | Low |
| Pistachio nuts | 1 cup | Low |
| Soybeans (ddamame) | 1 cup | High |
| Tahini | 1 Tbsp | Low |
| Tofu | 3.5 oz | Low |
| Walnuts, chopped | 1 cup | Low |

| Dairy | Serving Size | |
|-------------------------------|---------------------|-----|
| Buttermilk, non-fat | 1 cup | Low |
| Cheese, blue | 1 oz | Low |
| Cheese, cheddar | 1 oz | Low |
| Cheese, cheddar, reduced fat | 1 oz | Low |
| Cheese, cottage | 1 cup | Low |
| Cheese, feta | 1 oz | Low |
| Cheese, fontina | 1 oz | Low |
| Cheese, goat | 1 oz | Low |
| Cheese, monteray | 1 oz | Low |
| Cheese, mozzarella, part skim | 1 oz | Low |
| Cheese, parmesan | 1 oz | Low |



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|------------------------------|--------|-----|
| Cheese, ricotta, reduced fat | 1 cup | Low |
| Cheese, swiss, low fat | 1 oz | Low |
| Egg substitute | 1 cup | Low |
| Egg, white, large | 1 each | Low |
| Egg, whole, large | 1 each | Low |
| Egg, yolk large | 1 each | Low |
| Milk, 2 percent | 1 cup | Low |
| Milk, coconut | 1 cup | Low |
| Milk, dry, non fat | 1 cup | Low |
| Milk, dry, non-fat | 1 cup | Low |
| Milk, evaporated, non-fat | 1 cup | Low |
| Milk, soy | 1 cup | Low |
| Milk, whole | 1 cup | Low |
| Sour cream, non fat | 1 cup | Low |
| Yogurt, plain, low-fat | 1 cup | Low |

| Beverages | Serving Size | |
|-------------------------------|---------------------|-----|
| Beer | 12 oz | Low |
| Bourbon | 1 oz | Low |
| Carbonated soda | 12 oz | Low |
| Coffee, brewed | 1 cup | Low |
| Coffee, instant, granules | 1 tsp | Low |
| Grapefruit juice | 1 cup | Low |
| Lemon juice | 1 oz | Low |
| Lime juice | 1 oz | Low |
| Orange juice | 1 cup | Low |
| Sake | 1 oz | Low |
| Tea, brewed | 1 cup | Low |
| Tomato juice, canned, no salt | 1 cup | Low |
| V-8 juice | 1 cup | Low |
| Vodka | 1 oz | Low |
| Wine | 1 cup | Low |

| Fats | Serving Size | |
|-----------------------------|---------------------|--------|
| Butter | 1 tsp. | Low |
| Cream cheese | 1 Tbsp. | Low |
| Mayonnaise, reduced calorie | 1 Tbsp. | Low |
| Oil, canola | 1 tsp. | Low |
| Oil, corn | 1 tsp. | Low |
| Oil, grapeseed | 1 tsp. | Low |
| Oil, olive | 1 tsp. | Low |
| Oil, peanut | 1 tsp. | Low |
| Oil, safflower | 1 tsp. | Low |
| Oil, sesame | 1 tsp. | Low |
| Oil, soybean | 2 Tbsp | Medium |
| Sour cream | 1 Tbsp. | Low |



| Misc. | Serving Size | |
|--------------------------|--------------|--------|
| Allspice | 1 tsp | Low |
| Baking powder | 1 tsp | Low |
| Baking soda | 1 tsp | Low |
| Basil, fresh | 5 leaves | Low |
| Bay leaves, crushed | 1 tsp | Low |
| Capers | 1 Tbsp | Low |
| Cardomom, ground | 1 tsp | Low |
| Celery Seed | 1 tsp | Low |
| Chili powder | 1 tsp | Low |
| Chives | 1 Tbsp | Low |
| Cilantro, fresh | 9 sprigs | High |
| Cinnamon, ground | 1 tsp | Low |
| Cloves, ground | 1 tsp | Low |
| Cumin, seed | 1 tsp | Low |
| Curry powder | 1 tsp | Low |
| Dill, fresh | 5 sprigs | Low |
| Garlic powder | 1 tsp | Low |
| Gelatin, dry, unflavored | 1 envelope | Low |
| Ginger root | 1 tsp | Low |
| Ginger, ground | 1 tsp | Low |
| Ketchup | 1 Tbsp | Low |
| Marjoram, ground | 1 tsp | Low |
| Mint | 2 Tbsp | Low |
| Mustard | 1 Tbsp | Low |
| Mustard, seed | 1 tsp | Low |
| Nutmeg, ground | 1 tsp | Low |
| Olives, ripe, canned | 3.5 oz | Low |
| Oregano, dried | 1 tsp | Low |
| Paprika | 1 tsp | Low |
| Pepper | 1 tsp | Low |
| Pepper, red, ground | 1 tsp | Low |
| Pickle, dill | 1 medium | Low |
| Pickle, gherkin | 1 medium | Low |
| Relish | 1 Tbsp | Low |
| Rosemary | 1 tsp | Low |
| Saffron | 1 Tbsp | Low |
| Sage, ground | 1 tsp | Low |
| Salt | 1 tsp | Low |
| Sesame seeds | 1 tsp | Low |
| Soy sauce | 1 Tbsp | Low |
| Tabasco sauce | 1 tsp | Low |
| Tarragon, dried | 1 tsp | Low |
| Thyme, dried | 1 tsp | Medium |
| Vanilla extract | 1 tsp | Low |
| Vinegar | 1 Cup | Low |
| Wasabi root | 1 | Low |



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|----------------------|--------|-----|
| Worcestershire sauce | 1 Tbsp | Low |
| Yeast, dry, active | 1 tsp | Low |

| Sweets | Serving Size | |
|--------------------------------|---------------------|-----|
| Chocolate syrup | 2 Tbsp | Low |
| Chocolate, bakers, bittersweet | 1 square | Low |
| Cocoa, dry, powered | 2 Tbsp | Low |
| Gelatin, fruit flavored | 1 cup | Low |
| Graham crackers | 2-1/2 square | Low |
| Honey | 1 Tbsp. | Low |
| Jam/jelly | 1 Tbsp. | Low |
| Jam/jelly, apricot | 1 Tbsp | Low |
| Maple syrup | 1 Tbsp | Low |
| Pie, apple | 1 piece | Low |
| Pudding | 1 cup | Low |
| Sherbet | 1 cup | Low |
| Splenda | 1 tsp | Low |
| Sugar, white or brown | 1 Tbsp. | Low |
| Wafer, chocolate | 1 each | Low |

Your Guide To: **WARFARIN (COUMADIN, JANTOVEN)**

WHAT IS WARFARIN?

Warfarin is a type of medication that prevents clots from forming in your blood. Blood clots can stick to vessel walls or move around the body and cause serious problems. It is important that your health care provider has your detailed medical history in order to determine if you are a candidate for this medication. Warfarin, Coumadin and Jantoven are all blood thinners. These are just different names for the same type of medication.

My goal
INR is:

WHY DO I NEED WARFARIN?

There are many reasons why you may need warfarin. Severe blockages, lack of movement, heart arrhythmias and mechanical devices in the body are some of the things that could cause blood clots. If you have any of these risk factors, or if you already have a blood clot, your doctor will determine if you could benefit from Warfarin.

WHY DOES MY BLOOD LEVEL HAVE TO BE MONITORED SO CLOSELY?

While warfarin is a commonly used medication, too much can be harmful and too little can be ineffective. In order to monitor the levels of warfarin in your body, a blood test must be taken monthly (perhaps more often if deemed necessary by your health care professional). Diet and other medications can also affect these levels, so they must also be closely monitored. It is recommended that you take warfarin at 4 p.m. every day to keep the level consistent.

WHAT TYPE OF BLOOD TEST WILL I NEED TO TAKE?

The test is usually a finger prick and the results are known immediately. The test measures two levels. The first level is the blood clotting time or the prothrombin time (PT). Another number recorded is the International Normalized Ratio (INR) which is a consistent method that is used all over the world for recording levels. Together these numbers are called your PT/INR. It is important to become familiar with your specific goal INR. Together, we should try to keep this number within a certain range.

WHAT DO I NEED TO KNOW ABOUT MY DIET AND OTHER MEDICATIONS?

Vitamin K was provided by nature to help clot the blood and stop excessive bleeding. When doctors wish to prevent blood clots, it is necessary to partially reverse this natural defense mechanism. Therefore, in order for your warfarin to work properly, you must keep your intake of vitamin K consistent. Each time you visit CIS to have your blood checked, it's important to let us know if you have eaten more foods containing vitamin K than normal. Antibiotics, aspirin and aspirin products have the opposite effect. They can increase the effect of the warfarin, which could cause bleeding.

Be particularly cautious with alcohol consumption. Since its effects on your INR level can be highly unpredictable, it should be consumed sparingly. You will be given a list of items that you must monitor use and consumption of while on Warfarin.

Different medications can have similar effects to those described above. Some can thin your blood and some can thicken it. For this reason, it is important that all of your physicians and family members know that you are on warfarin. Always notify us of any medications that other doctors prescribe or discontinue so we can regulate your PT level accordingly. Examples would be antibiotics, non-steroidal anti-inflammatories, herbs (including garlic) and over-the-counter medications, including topical analgesics.

WHAT SIDE EFFECTS SHOULD I REPORT TO MY DOCTOR?

You should report nosebleeds, blood in urine or stool, blood with coughing or vomiting, bruises that become larger, heavier than normal periods, any abnormal bleeding, and bleeding that doesn't stop within 10 minutes.

You should also report if you have a hard fall, hit your head, have chest pain, head pain or pressure, shortness of breath, dizziness, weakness or any feeling that is unusual. You should also tell your physician if you have diarrhea, infection or fever. Remember, it is always better to be safe than sorry. Depending upon the circumstances, we may have you come to the office to have your PT checked.

Your Guide To: **WARFARIN (COUMADIN, JANTOVEN)**



DO I NEED TO TAKE ANY SPECIAL PRECAUTIONS?

Absolutely. Don't use a regular razor blade to shave anymore. Switch to an electric razor if possible. Use a soft toothbrush that isn't as likely to damage your gums. Always wear shoes to prevent cuts on your feet, and have someone else carefully trim your nails. Don't trim corns and calluses on your own. Protect yourself against falls.

You may wish to purchase a medical alert bracelet to let others know that you are on warfarin in case of emergency. Always check your prescription when having it filled. Be sure that the pharmacist gives you Warfarin each time, unless your doctor specifies a different one. If you forget a dose of warfarin, wait until the next scheduled dose to get back on schedule. Don't double your medication. Notify your dentist and other physicians that you are on warfarin before scheduling any procedure— even before having a routine dental cleaning.

ITEMS TO MONITOR FOR PATIENTS TAKING WARFARIN

If your diet includes any of the following items, it is important to try to consume them in consistent amounts. If you should happen to eat more than your normal amount of any of these items, tell your anti-coagulant nurse at your next monthly visit.

| | | | | |
|------------------|-----------------------------|---------------------|-------------------|----------------|
| Agrimony | Cabbage | Feverfew | Liver | Soybeans |
| Alfalfa | <i>(green and red)</i> | Garbanzo Beans | Mayonnaise | Spinach |
| Aniseed | | Garlic | Meadowsweet | Sweet Clover |
| Arnica | Canola Oil | German Sarsaparilla | Mustard Greens | Sweet Woodruff |
| Asa Foetida | Capsicum | Ginger | Nettle | Swiss Chard |
| Asparagus | Cassia | Ginko Biloba | Olive Oil | Tamarind |
| Aspen | Cauliflower | Ginseng (Panax) | Parsley | Tonka Beans |
| Avocado | Celery | Green Beans | Passion Flower | Turnip Greens |
| Beer | Chamomile | Green Peas | Policosanol | Watercress |
| Black Cohosh | <i>(German & Roman)</i> | Green Tea | Poplar | Wild Carrot |
| Black Haw | Clove | Horse Chestnut | Prickly Ash | Wild Lettuce |
| Bladder Wrack | Colesaw | Horseradish | <i>(Northern)</i> | Willow |
| Bogbean | Collard Greens | Kale | Quassia | Wine |
| Boldo | Cucumber Peel | Lentils | Red Clover | Wintergreen |
| Broccoli | Dandelion | Lettuce | Sauerkraut | |
| Brussels Sprouts | Endive | Licorice | Senega | |
| Buchu | Fenugreek | Liquor | Soybean Oil | |

ALSO NOTE:

- Aloe gel can be absorbed through the skin. Let the anti-coagulant nurse know at your monthly visit if you use this gel.
- Alcohol intake should not be more than 1-2 drinks per day
- Report dietary changes or changes in medicines to the anti-coagulant nurse at your monthly visit.