



# Warfarin Anticoagulation Therapy

## PATIENT INFORMATION

For: \_\_\_\_\_ From: Dr. \_\_\_\_\_

If you are taking blood thinner prescribed by your doctor, there are some steps you can take to help this medication perform effectively. Your doctor will arrange to have your blood checked periodically to determine how much medication you will need. It is important to follow up with your doctor, go for regular blood tests and take the medication as directed.


Some of the foods you eat contain vitamin K. This vitamin has the opposite effect of your medication and acts to thicken or coagulate the blood. For this reason, it is better for you to eat regular amounts of these foods on a daily basis, *i.e.*, one cup raw or one-half cup cooked, than to eat them in large amounts that could cause problems with your medication.

Although all vegetables contain some vitamin K, it is mostly found in the the green parts of plants. Some of the foods high in this vitamin are leafy

green vegetables, such as spinach, swiss chard, beet greens, lettuce and cabbage.

Any change in your eating habits should be reported to your doctor before you make them. For example, if you plan to start a weight-loss diet or a vegetarian food program you should tell your doctor.

Avoid taking any herbal products as they may also contain ingredients that can affect the amount of blood-thinning drugs you will need. Even green tea and herbal tea in large amounts can affect this medication.

Blood-thinning drugs are reliable products, but their effectiveness needs to be monitored with regular blood tests. You can help increase their effectiveness by being aware of their possible interactions with the foods you eat. 

### Notes

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*Prepared by Maureen Elhatton, RD,  
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