**Medication:** Warfarin (Coumadin®)

**Uses:** To prevent blood clots

**Administration:** Oral

**Warnings:**
- Inform your doctor if you are:
  1. allergic to any food or medicine
  2. taking any non-cancer related prescriptions or over the counter drugs

**Additional Instructions:**
- Do not make sudden changes in the amount of Vitamin K in your diet. A consistent eating pattern is necessary to maintain effectiveness of the medicine.
- Alert your doctor if your diet is suddenly high or low in Vitamin K.
- Foods high in Vitamin K include:
  - broccoli
  - brussel sprouts
  - cabbage
  - endive
  - kale
  - lettuce, red leaf
  - collard greens
  - green scallions
  - spinach
  - green tea
  - garbanzo beans
  - lentils
  - liver
  - soybean oil
  - canola oil
  - seaweed
  - turnip greens
- Do not take any supplements (vitamin pills) that contain Vitamin E or Vitamin K while you are taking this medicine.
- Do not drink alcohol while you are taking this medicine.
- Do not drink herbal teas containing Coumadin while you are taking this medicine.