



IF YOU TAKE COUMADIN (WARFARIN)



PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 [asterhospital](#)

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

Aster
HOSPITAL
We'll Treat You Well



DIGITAL VERSION

IF YOU TAKE ANTICOAGULANT (WARFARIN)

- Warfarin helps keep your blood from clotting. This increases your risk of bleeding. For safety and best results, always take this medicine as instructed. Also, be sure to have blood (INR/prothrombin) tests as directed, because diet and other medicines can affect your time INR/prothrombin, follow the tips below to ensure that warfarin works as it should.

KEEP YOUR DIET STEADY VITAMIN K HELPS YOUR BLOOD CLOT.

So, eating foods that contain vitamin K can affect the way warfarin works. You don't need to avoid foods that have vitamin K. But you do need to keep the amount of them you eat steady (the same from day to day). If you change your diet for any reason, such as illness or to lose weight, be sure to tell your healthcare provider.

These foods are high in Vitamin K. If you like to eat these foods, try to eat similar amounts on a regular basis.

- Asparagus • Cabbage • Kale
- Soybeans • Avocado • Coleslaw
- Lettuce • Spinach • Broccoli
- Collard greens • Mustard greens
- Swiss chard • Brussels sprouts
- Endive • Sauerkraut
- Turnip greens

Other food products can affect the way warfarin works in your body.

- Food products that may affect blood clotting include cranberries and cranberry juice, grapefruit and grapefruit juice, fish oil supplements, garlic, ginger, licorice, turmeric.
- Herbs used in herbal teas or supplements can also affect blood clotting. Do not take any herb as a tea or supplement without talking to your healthcare provider first.
- Alcohol can increase the effect of warfarin in your body.
- Talk with your healthcare provider if you have concerns about these or other food products and their effects on warfarin.

COMMON DRUGS THAT CAN INTERACT WITH WARFARIN ARE AS FOLLOW. THE INTERACTION MIGHT LOWER THE EFFECTIVENESS OF WARFARIN OR INCREASE YOUR RISK OF BLEEDING.

- Aspirin or aspirin-containing products
- Acetaminophen (Tylenol, others) or acetaminophen-containing products
- Antacids or laxatives
- Many antibiotics
- Antifungal medications, such as fluconazole
- Cold or allergy medicines
- Ibuprofen or naproxen sodium
- Medications that treat abnormal heart rhythms, such as amiodarone

Please seek you physician advise before taking other medication



Aster
HOSPITAL

We'll Treat You Well