

## COUMADIN/WARFARIN INSTRUCTIONS

- Always take Coumadin/Warfarin the same time each day, preferably in the evening or at least 15 hours before having blood drawn.
- Never skip a pill or double up on the pills. Notify your physician if you have missed any pills.
- Notify all of your physicians, dentist and pharmacists that you are taking Coumadin/Warfarin.
- Never wait longer than **30 days** to have your Coumadin/Warfarin level checked.
- If you start a new medication especially-antibiotics, steroids, pain medicine, cough medicine please contact our office with the name and dosage.
- You should avoid aspirin or any aspirin containing products, vitamin K, vitamin C, vitamin E, laxatives and antacids.
- If you have an INR drawn and we do not contact you within **24 hours** please call our office at **586 776-8877**.
- If you have any signs of bleeding please call our office. Red, dark urine, bloody stools or black, tarry stool, bleeding from the gums or nose, unexpected bruising, vomiting blood, coughing up blood, weakness or loss of sensation it is important for you to call.
- Things that may affect your Coumadin/Warfarin level: illness, diet changes, smoking, exercise, traveling on long trips in a car or plane, alcohol and medication changes. **CONSISTENCY IS IMPORTANT.**
- High vitamin K foods will decrease the effectiveness of Coumadin/Warfarin:
  - Cauliflower, scallions, peas, garbanzo beans, asparagus, green herbal teas, coffee, liverwurst, beef liver, soybean, canola oil, spinach, kale, turnip greens, collard greens, mustard greens, broccoli, cabbage, lettuce, parsley and brussel sprouts.

**You can eat foods with vitamin K just be consistent with your diet**

**Please contact Cardiovascular Institute of MI  
Sandy Biesiada or Bonnie Mellos at 586 776-8877  
with any questions or concerns**