

# Warfarin

## My Warfarin Therapy

A patient's guide



Thrombosis Service: 1-800-783-3735  
Thrombosis Center: (801) 585-3713  
Redwood Anticoagulation Clinic: (801) 213-9150

[www.healthcare.utah.edu/thrombosis](http://www.healthcare.utah.edu/thrombosis)

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## **What is warfarin?**

Warfarin (Coumadin®) is an anticoagulant medicine. Anticoagulants, like warfarin, help keep blood clots from forming. If blood clots do form, warfarin can keep them from getting bigger. Warfarin is often called a “blood thinner” but it does not really thin your blood. Warfarin makes it take longer for your blood to clot.

## **How does warfarin work?**

Warfarin makes your blood take longer to clot. Your liver makes clotting factors that help your blood clot and keep you from bleeding. Vitamin K is needed to make these clotting factors. Warfarin stops your liver from using vitamin K, so you don't make as many clotting factors. With fewer clotting factors, your blood takes longer to clot.

## **Why was I prescribed warfarin?**

You may have a blood clot or be at risk to get a clot. Blood clots can be harmful if they block blood vessels or cut off blood supply and oxygen to parts of your body. Clots can form in your veins, arteries, heart valves, or in your heart. Warfarin may be used for any of these problems:

- Atrial fibrillation (irregular heart beat)
- Stroke
- Heart attack

- Blood clot in the leg (deep vein thrombosis, DVT)
- Blood clot in the lungs (pulmonary embolism, PE)
- Heart valve disease or artificial heart valve
- Clotting disorders
- Other harmful clots
- To keep you from forming harmful clots

### **What should I think about before I start warfarin therapy?**

Your health care provider has decided that you need warfarin. However, some people should not take warfarin. Call your provider immediately if:

- You are allergic to warfarin or anything in warfarin pills, such as dyes or colorings.
- You are pregnant or plan to become pregnant. Warfarin can cause death or birth defects in an unborn baby. You should use effective birth control while taking warfarin.

### **What information do I need to keep track of when I am on warfarin?**

Warfarin can cause serious problems. For this reason, it is important that you keep track of some information while you are taking this medicine. This will help your health care provider take better care of you.

When you are on warfarin, you will need to do two things:

1. Keep a log about your warfarin therapy. You can use the chart at the end of this booklet as your log. This log has places for you to write down these things:
  - Your warfarin dose
  - Your blood test result. The blood test result is called an INR.
  - Important things about your warfarin therapy like changes in your diet, medicines, or health.
  - Notes about any changes in your warfarin doses and lab results.
2. Keep a list of all your medicines. This includes all your prescription medicines, any over-the-counter medicine, herbal products, supplements, and vitamins.

### **Do I need to let my health care provider know I am on warfarin?**

Yes. It is very important that you let **all** your health care providers know you are on warfarin. This includes your physician, pharmacist, nurse and dentist. Warfarin increases your chance of bleeding. Warfarin can interact with many medicines as well. This is important information for your health care team to know.

Wear medical alert jewelry to let others know you are on warfarin. This is especially important in

an emergency when you may not be able to tell your care providers. You can purchase a medical alert bracelet from most pharmacies. You can also order medical alert jewelry, such as a bracelet or necklace, from companies such as MedicAlert at [www.MedicAlert.com](http://www.MedicAlert.com).

## Taking Warfarin

### **How can I identify my warfarin tablets?**

Warfarin tablets have a color that indicates their strength, or how many milligrams (mg) are in each tablet. Milligrams tell you how much medicine is in the tablet. The shape of the tablet shows the company that makes the tablets. Check your tablets each time you get them from the pharmacy to be sure you have the right strength. Ask your pharmacist if the color or shape of your pill changes or if you have any questions.

### **Color**

Each strength of warfarin has an assigned color. For example, all 5 mg pills are peach whether they are generic or name brand. If the color of your pill changes, it means you have been given a different strength. Talk to your pharmacist immediately if you were not told to take a different strength.

The chart on the next page shows the color for each strength of tablet.

### **Shape**

Warfarin comes in many shapes. The shape of the pill tells you which company made it. Let your health care provider know if the shape of your pill changes.

### **Brand vs. Generic**

Many companies make warfarin. You may use brand name or generic warfarin. It doesn't matter which

company makes your warfarin. However, be sure to let your health care provider know if your pharmacist gives you a different shaped pill. Ask your pharmacist if you have any questions. Also make a note in your log.

Tablet strength	Tablet color
1 mg	Pink
2 mg	Lavender (light purple)
2.5 mg	Green
3 mg	Tan
4 mg	Blue
5 mg	Peach (light orange)
6 mg	Teal (blue-green)
7.5 mg	Yellow
10 mg	White

**How do I take warfarin?**

- Take warfarin exactly as you were told by your health care provider.
- Take warfarin once a day.
- Take warfarin at about the same time every day. The best time to take warfarin is later in the day or in the evening.
- You may take warfarin with or without food.
- Warfarin doses can change often. Use a pill box or calendar to help you remember to take the right dose.

**What if I miss a dose?**

If you forget to take your warfarin at your normal time, you may take your dose up to eight hours after your normal time. If it has been more than eight hours, skip that dose, and take your normal dose at your next regular time. Make a note in your log about any missed doses. Tell your health care provider any time you miss a dose.

Do not double your dose to make up for a missed dose.

**What if I take an extra dose?**

If you have taken an extra dose, call your health care provider as soon as possible to get further instructions. Make a note in your log that you took an extra dose.

**What should I do when I need more warfarin?**

Please plan ahead. Call your pharmacy one week before your pills run out (or longer if you use a mail order pharmacy). If you do not have refills at your pharmacy, call your health care provider. Planning ahead will help keep you from missing a dose. If you do run out of your warfarin, your local pharmacy may be able to give you a 72-hour supply.

## Lab Tests (INR)

### **How do I know if the warfarin is working?**

You will not be able to tell if your warfarin is working by how you feel. You will not feel any different. The amount of medicine needed to prevent blood clots varies from person to person.

You need regular blood tests to see if your warfarin is working. This test is called an INR. The INR tells how well the warfarin is working. The INR is used to tell how much warfarin you need. It is important for you to know your INR results. Your INR result will be used to adjust your warfarin dose.

Your INR result can change for many reasons. You must take your warfarin as told to avoid serious problems caused by either low or high INRs that can sometimes lead to death. Problems with INRs that are too high include bleeding. Problems with INRs that are too low include blood clots.

The INR is the usual test used to see if your warfarin is working. Some care providers may refer to this test as a protime, prothrombin time, or PT.

### **What is an INR blood test?**

The INR (International Normalized Ratio) measures the time it takes for your blood to clot.

## How is an INR done?

This test is done by taking blood from a vein or from a fingertip. It does not matter what time of day your test is done. However, it is best to get the test done early in the day so results are ready before it is time for you to take your next dose of medicine. Your warfarin dose may be adjusted based on your test result.

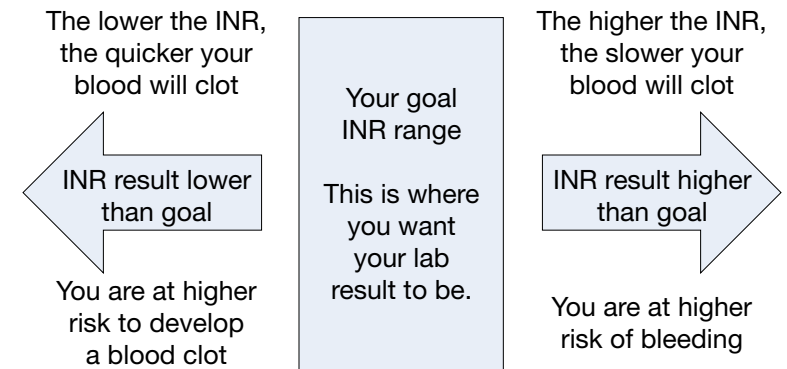
## What should my INR result be?

People who are not on warfarin should have an INR result of about 1. If you are on warfarin, your INR result should usually be between 2 and 3 (this is called a range). Your health care provider may want a higher or lower range depending on why you are on warfarin. Your health care provider should tell you what your range is for your blood test results. This range will be your INR goal. If you are not given this information, you should ask for it. It is important for you to know. You can help your provider give you the best care if you do these things:

- Ask your provider what your INR goal is.
- Record your INR goal on the flap of the back cover of this booklet (where it says “Notes on My Therapy”).
- Know your INR result after each test.
- Write your INR result down in your log—(the chart in the back of this book).

## What does my INR mean?

If your INR gets too high, it is taking too long for your blood to clot. This raises your chance of bleeding. If your INR is too low, your blood clots quickly and raises your chance of a blood clot. Stay in touch with your health care provider and work together to keep your INR within your INR goal range.



## What should I do if my INR is higher or lower than my INR goal?

Call the health care provider that manages your warfarin. Your dose may need to be adjusted.

### How often do I need to get my INR checked?

Tests will be scheduled on a regular basis as long as you are on warfarin. How often you need blood tests will depend on:

- Why you are taking this medicine
- How long you have been taking this medicine
- The results of your blood tests
- How much your test results change from test to test

If you have just started taking warfarin, you will need blood tests about two times a week. After you have been on warfarin for a while, INRs are not needed as often. Many people on this medicine for a long time only need to get blood tests about once a month. You may need to get INR tests more often if you have changes in your medicines, diet, or health.

If you are told to get a blood test and can't keep your appointment, call and make a new appointment.

If you have changes in bruising, nose bleeding, or gum bleeding, call your health care provider and ask to have your blood checked sooner.

### What happens after I get my INR tested?

You will get instructions from your health care provider about how much warfarin to take after each INR test. Talk to your provider so you have a plan for getting these instructions after each INR test. They will tell you whether to keep taking the same amount of warfarin or what changes to make.

Your health care provider will ask you about things that can change the INR, such as:

- If you have started, stopped, or changed any of your medicines
- If you have changed what you eat or drink
- If you have had a change in your health
- If you have taken your warfarin as directed
- If you have missed doses or taken extra doses

### What happens if I don't get my blood tested?

Your health care provider decides how much medicine you need to take based on your INR result. Therefore, it is **essential** that you get your INR checked when scheduled or call immediately if you miss an INR appointment. Changes in your INR can happen quickly if you do not take your dose as directed **every day**.

# Things That Affect My Warfarin Therapy

## **Will warfarin interact with other medicines I take?**

Yes. Warfarin interacts with many other medicines, including:

- Prescription medicines
- Over-the-counter medicines
- Herbal products
- Supplements
- Vitamins

When medicines interact with warfarin, it can cause harmful bleeding or clots. The warfarin dose you are given will be adjusted for the other medicines you are taking. Any change to your medicines could cause an interaction. Ask your pharmacist if you have any questions about warfarin and your other medicines. Tell your health care provider within three days if you start taking a new medicine, stop a medicine, or change the dose of any of your medicines. You may need more frequent INR tests because of the change in your medicines.

You can take some over-the-counter medicines while you are taking warfarin. Please check with your pharmacist about medicines that are safe. Medicines that are safe may include:

- Acetaminophen (Tylenol®) for fever, headaches, or pain
- Antihistamines for allergies: Examples of antihistamines include diphenhydramine (Benadryl®) and loratidine (Claritin® and Alavert®). Products that contain only antihistamines will not interact with your warfarin. Be careful of combination products since other medicines in the product may cause problems.

The following are examples of common medicines to stay away from when you are on warfarin. These can all be purchased without a prescription and can be harmful for you. Be sure to read labels carefully.

- Aspirin (except as prescribed by your doctor)
- Products containing aspirin such as Pepto-Bismol®, Alka-Seltzer®, Kaopectate®, Bayer cold and flu, Excedrin®
- Non-steroidal anti-inflammatory drugs such as ibuprofen (Advil®) or naproxen (Aleve®)
- Cimetidine (Tagamet®) used for heartburn
- Vitamin E supplements
- Herbal products especially garlic, ginkgo, ginseng, and ginger: Garlic and ginger used in food will not cause problems. However, supplements do interact because they have a much larger amount of garlic and ginger.
- Vitamin products containing more than 25 mcg of vitamin K per tablet (be sure to check label)

Some examples of common prescription medicines that can interact with your warfarin include:

- Antibiotics (medicines used to treat infections)
- Seizure medicines
- Amiodarone (a medicine used for heart problems)
- Medicines used to lower your cholesterol

### **Can changes in my health affect my warfarin therapy?**

Any changes in your overall health can cause changes in your INR. Let your health care provider know within three days of any changes in your health. If you have sudden sickness, let your health care provider know as soon as possible. Some examples include diarrhea, vomiting, fever, change in appetite, worsening heart failure, or infection.

### **Can changes in my diet affect my warfarin therapy?**

Yes. Your dose of warfarin is affected by how much vitamin K you eat. The amount of vitamin K you eat should be the same from week to week. Do not make sudden changes in your diet.

There is a chart of foods at the end of this booklet. It lists how much vitamin K is in a serving of common foods. It also groups foods as low, medium, and high based on how much vitamin K they contain. For example, the list includes many vegetables and tells you which vegetables contain a low, medium or high amount of vitamin K. High amounts of vitamin K are

found in green vegetables such as spinach, broccoli, and cabbage.

If you like foods high in vitamin K, then you will want to plan to have the same number of servings of those foods each week. If you don't usually eat the foods high in vitamin K, then you may want to avoid these foods while you are on warfarin. The important thing is to **be consistent**. Eat the same number of high and medium vitamin K containing foods each week.

Beware—some types of food may have vitamin K added—read labels carefully. This is common with foods used by people who want to lose weight or who need nutritional supplements. Examples of these kinds of products include SlimFast, Ensure, Boost, and Instant Breakfast.

Other things in your life such as travel, or changes in your health, can also lead to changes in what you eat and in your INR. Tell your health care provider about any major changes in your diet within three days.

### **Does drinking alcohol affect my warfarin therapy?**

Yes. Limit your alcohol to no more than two drinks per 24-hour period. Drinking more than this amount can increase your INR and lead to bleeding problems. Tell your health care provider if you drink more than two drinks a day so your INR can be checked more often.

## Problems With Warfarin Therapy

### **How can I tell if bleeding is serious? What should I do?**

You can bleed if your INR is too high. You may have minor or major bleeding while on warfarin.

Symptoms of minor bleeding are:

- Easy bruising
- Small nosebleeds
- Gum bleeding after teeth brushing
- Longer or heavier periods in women

If you have minor bleeding:

- You do not usually require medical attention.
- You should contact your health care provider if you are worried that your bleeding may be more serious.
- You may need to have your INR checked to make sure it is not too high.

Symptoms of major bleeding are:

- Red or bloody urine
- Black, red, or tarry (look like tar) stools
- Throwing up or coughing up blood
- Severe headaches
- New pain or swelling

If you have symptoms of major bleeding:

- Seek immediate medical attention. Major bleeding can be serious.
- Contact your provider immediately or go directly to the emergency room.

### **How can I tell if I have a blood clot? If I think I have a blood clot, what should I do?**

Blood clots can occur while you are on warfarin, especially if your INR is too low. Symptoms of blood clots include:

- New or sudden increase in warmth, pain, or swelling in your arms or legs
- New or sudden redness or other change in color in your arms or legs
- Difficulty breathing or sudden increase in shortness of breath (feeling winded)
- Chest pain, discomfort, or tightness
- Vision changes or loss of vision
- Severe or sudden headache
- Sudden clumsiness or trouble walking
- Sudden slurring of speech or trouble speaking
- Weakness, numbness, or tingling in arms or legs

Clots can be serious and require immediate medical attention. If you think you have a clot, contact your provider immediately or go directly to the emergency room.

### **When should I contact my health care provider?**

It is very important that all of your health care providers know that you are taking warfarin. This includes your primary care physician, any specialists you see, your dentist, and any pharmacist who fills your prescriptions or helps you with any of your medicines.

### **Reasons to go to the emergency room:**

- Severe bleeding that doesn't stop, especially if you also feel light headed, feel like your heart is racing, or are short of breath (feeling winded)
- Sudden severe chest pain, tiredness, and shortness of breath (feeling winded)
- Sudden severe headache
- Coughing up or throwing up blood
- Sudden changes in vision, speech, or muscle strength
- Fall or injury to your head or back
- Bloody or black, tarry (look like tar) stools

### **Reasons to call your provider right away:**

- Red or brown urine
- Bleeding into the whites of the eyes
- Large bruises
- Bruises that keep growing

**Things to tell your health care provider as soon as you notice them:**

- Fever or chills
- Diarrhea or vomiting that lasts more than one day
- Swelling in the feet or ankles
- Longer or heavier periods for women
- Missing a dose of warfarin
- Taking an extra dose of warfarin
- Major changes in your activity level
- Changes in your diet
- If you start, stop, or change any of your medicines. This includes dietary supplements and herbal products.
- Changes in your current health
- Dental work, medical procedures, or surgery you plan to have
- Anything you are concerned about

**Things to tell the pharmacist that fills your prescriptions:**

- You are taking warfarin
- The name of any over-the-counter medicines you take, including herbal products and dietary supplements
- Any changes in your medicines
- Any change in the color or shape of your warfarin pill

It is very important that you can reach your health care providers and that they can reach you. Use the space in the back of the book to list phone numbers for your health care providers and how to contact them.

## Preventing Clots and Bleeding

### **What can I do while I am on warfarin to prevent bleeding?**

You can do several things to help prevent yourself from having problems while taking warfarin. These include the following:

#### **Regular Blood Tests**

Have your blood checked as ordered by your health care provider.

#### **Stay in Touch with your Provider**

Tell the health care provider that is helping you with your warfarin about any changes in your health, medicines, or diet.

#### **Prevent Falls**

You are more likely to bleed when you are on warfarin. A minor injury, such as a little bump or bruise, could cause you to bleed. To avoid this, take actions to help prevent falls and trauma. If you have to go to the emergency room, tell the emergency room staff that you are on warfarin.

You can do things to prevent yourself from falling. Check your house and workplace for fall hazards. The following are things you can do to reduce your chance of falling.

- Tack down or remove loose rugs. Rugs can slide and cause you to fall.
- Clean up clutter, especially clutter on floors.
- Remove anything that you could trip over. This includes things like furniture in major walkways.
- Make sure your home and workplace have good lighting so you can see any hazards.
- Prevent falls in the bathroom. Install handles by the tub. Use non-skid bath mats.
- Check for sharp edges in your home or workplace. Remove or cover them where you can.
- Use a walker or cane if you feel you are unsteady when you walk.
- Use extra caution in rain, ice, or snow. Walk on paths where the ice has been removed.

### **Prevent Accidents and Injury**

Take precautions to prevent injury from accidents.

- Wear seat belts.
- Wear a helmet when riding a motorcycle, skiing, or doing other activities when a helmet would prevent injury.
- When doing sports (such as skiing), stay within your abilities. Do not take unnecessary chances.
- Stay away from any activity that may cause serious injury. This includes action sports

or sports with a lot of physical contact. Any activities where you may fall or be tackled could cause bleeding problems.

### **How can I prevent clots?**

One thing you can do is wear compression stockings. Compression stockings or T.E.D.<sup>®</sup> hose are tight stockings that keep pressure on your legs and help prevent blood clots and their complications. Being less active or having surgery raises your chance of getting a clot. Ask your health care provider if you should wear compression stockings. Compression stockings come in knee-high and thigh-high lengths. Ask your doctor which is right for you. Wear compression stockings:

- For six to eight weeks after surgery and remove only for bathing
- After a blood clot
- When you are up and walking around, or if you have swelling

You can get compression stockings at your local medical supply store. They are usually not available at your local pharmacy. You may want to get at least two pairs.

You can get compression stockings with or without a prescription. If you have a prescription from your health care provider, your insurance may pay for them. If you want to buy compression stockings, they will cost around \$35 for one pair. You need to get

compression stockings that provide 30-40 millimeters of mercury pressure (label may also say 30-40 mm Hg). Read the label carefully or ask for help.

To put compression stockings on, bunch or roll them and slide your toes in. Gradually pull the stocking up, making sure that they are as smooth as possible. If any areas are bunched up, the stockings may cut off blood flow to your feet.

If you do not wear your compression stockings, or do not wear them the right way, you may develop a blood clot in your leg that could be harmful.

### **What if I need to have a procedure or surgery while I am taking warfarin?**

Be sure to tell the health care provider managing your warfarin of any planned dental work, medical procedure, or surgery as soon as it is scheduled.

Be sure to tell the health care provider doing your procedure or surgery that you are taking warfarin. Contact your health care provider who takes care of your warfarin and tell them if another doctor has asked you to change your warfarin for a procedure.

You do not need to stop warfarin for most dental work. However, major dental work may cause bleeding problems. Check with your dentist and health care provider before making any changes to your warfarin.

For some medical procedures or surgeries, you may be asked to skip warfarin doses. Examples include biopsy, endoscopy, or colonoscopy. Always tell the health care provider managing your warfarin if you are being asked to skip or change your warfarin doses. Make a note in your log.

For major procedures or surgeries, you may be asked to stop warfarin before and after the procedure or surgery. While you are not taking warfarin, your health care provider may give you a different medicine to protect you against blood clots before and right after your surgery or procedure. This is called “bridging.” Bridging is often needed for procedures because warfarin lasts a long time in the body and can increase the risk of bleeding during a procedure. Medicines used for bridging act quickly and do not last as long as warfarin. This makes them safer to use during the time just before and after your surgery or procedure. Medicine used for bridging is usually given as a shot one or two times a day. Some patients may need “bridging” for a few days before and after the procedure.

Common medicines used for “bridging” are enoxaparin (Lovenox®) or heparin. Warfarin will be started again after your procedure. You will keep using the shots until your INR blood test is back in your goal range. This means you will be taking both medicines for a few days.

## Ask Questions!

Talk to your health care provider about any questions you have about your health and your medicines. This is especially important when you are on warfarin. Warfarin can cause serious side effects. It is important that all your questions are answered. Ask your health care provider to write down information for you if you think it will be helpful.

Before you leave your health care provider, be sure you understand these things:

- Why am I taking this medicine?
- How much warfarin should I take?
- How do I use this medicine?
- How will I know if this medicine is working?
- What side effects can I expect?
- What should I do if I have any side effects?

## Key Points

Here are key points to remember when you are taking warfarin.

- ✓ Warfarin helps protect you from blood clots but can also cause bleeding.
- ✓ Everyone involved in your care needs to know you take warfarin. Wear medical alert jewelry, such as a bracelet or necklace, which says you are taking warfarin.
- ✓ Take warfarin once a day in the evening.
- ✓ You need **regular** blood tests. The blood test is called an INR.
- ✓ You will get instructions from your health care provider about how much warfarin to take after each blood test. They will tell you whether to keep taking the same amount of medicine or what changes to make.
- ✓ Changes in the following things can affect your test result: If you have a change in any of these, call your health care provider.
  - Changes in any medicine you take
  - Changes in what you eat or drink
  - Changes in your health

- ✓ You need to take steps to prevent falls, injury or accidents.
- ✓ If you need surgery or a procedure, contact your health care provider. You may need changes in your warfarin.
- ✓ Keep your warfarin log and medicine list current.
- ✓ Go to the emergency room if you have major bleeding.
- ✓ Always ask questions about things you do not understand.

## Definitions

### **Anticoagulant**

Medicine used to make your blood take longer to clot. This keeps you from making blood clots that may be harmful to your body.

### **Brand name**

The name a specific company gives for a product they make. For example, Coumadin® and Jantoven® are brand names for warfarin. A drug may have several brand names. Brand name is also called a trade name.

### **Compression stockings**

Special socks that apply gentle pressure to your legs. This pressure keeps blood clots from forming or getting larger in your legs. These may also be called T.E.D.® hose.

### **Coumadin®**

A brand name for the medicine named warfarin.

### **Deep vein thrombosis**

A blood clot in a vein deep inside your body, usually in your leg.

### **DVT**

Deep vein thrombosis. Usually this refers to a blood clot in your leg.

**Generic name**

The name of a medicine specific to a chemical compound. Warfarin is an example of a generic name. Many manufacturers may make warfarin. The manufacturers may also assign a “brand name” (see brand name).

**INR**

International Normalized Ratio. This is a lab test. Some blood needs to be taken from you to do this test. The blood is taken by either putting a needle in your arm or sticking your finger. The information is used to adjust your dose of warfarin. It will tell your care providers if your warfarin dose is too high or too low.

**Jantoven®**

A brand name for the medicine named warfarin.

**Log**

A record of your INR results and your warfarin dose.

**Monitor**

To collect information about your health. While you are on warfarin, this includes having a lab test (INR) on a regular basis. This tells your care providers if you are taking the right dose of warfarin. The information is used to help take better care of you.

**PE**

Pulmonary embolus. A blood clot in your lungs.

**Protime**

This lab test is used to adjust your dose of warfarin. Usually called INR. Also called prothrombin time or PT.

**PT**

Prothrombin Time (see Protime)

**Pulmonary Embolus**

A blood clot in your lungs.

**T.E.D.® hose**

A brand name for compression stockings (see compression stockings).

**Therapy**

Treatment of a disease or illness. Also treatment to prevent a disease or illness.

**Thrombosis**

A clot in your blood stream.

**Trade name**

See brand name.

**Venous thromboembolism**

A blood clot in your veins. It usually is located in your legs but can occur in other parts of your body.

### Vitamin K

A vitamin that is needed for your blood to clot. When you are on warfarin, it is important to have a consistent amount of vitamin K in your diet.

### VTE

Venous thromboembolism. A blood clot in your veins. It is usually located in your legs, but can occur in other parts of your body.

### Warfarin

A medicine used to keep you from forming harmful clots.

## Vitamin K Content of Common Foods

### Key to Vitamin K Content

Low (shaded blue)	0 - 10 mcg
Medium (shaded yellow)	11 - 99 mcg
High (shaded pink)	Greater than 100 mcg

### Vegetables

Vegetables are one of the important food groups to watch for vitamin K content. Green leafy vegetables are high in vitamin K. Other vegetables high in vitamin K include brussel sprouts. Many other vegetables have a medium amount of vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Asparagus	1 cup (raw)	56
Avocado	1 cup (raw)	30
Broccoli	1 cup (raw)	89
Brussel Sprouts	1 cup (raw)	156
Cabbage (Green)	1 cup (raw)	53
Cabbage (Red)	1 cup (raw)	34
Carrots	1 cup (raw)	15
Cauliflower	1 cup (raw)	16
Celery	1 cup (raw)	35
Cilantro	1 cup (raw)	50
Cilantro	10 sprigs	3
Cole Slaw	1 cup	89
Collard Greens	1 cup (raw)	184
Corn	1 cup (cooked)	Less than 1
Cucumber	1 cup (raw)	9
Dill Pickles	1 cup	26

Food	Serving Size	Vitamin K (in mcg)
Dill Pickles	1 spear	6
Eggplant	1 cup (cooked)	3
Endive (Belgian)	1 cup (raw)	61
Endive (chicory)	1 cup (raw)	61
Escarole	1 cup (raw)	59
Garlic	1 cup (raw)	2
Garlic	1 clove	Less than 1
Green Beans	1 cup (raw)	16
Green Onions	1 cup (raw)	207
Kale	1 cup (cooked)	1054
Lettuce (Iceberg)	1 cup (raw)	13
Lettuce (Romaine)	1 cup (raw)	63
Mushrooms	1 cup (raw)	Less than 1
Mustard Greens	1 cup (raw)	279
Onions (Yellow)	1 cup (raw)	Less than 1
Parsley	1 cup (raw)	984
Parsley	10 sprigs	16
Peas	1 cup (raw)	36
Peppers (Green or Red)	1 cup (cooked)	13
Potato (peel eaten)	1 cup (baked)	2
Pumpkin	1 cup (cooked)	2
Sauerkraut	1 cup (cooked)	81
Seaweed (dried)	1 cup	28
Spinach	1 cup (raw)	145
Spinach	1 cup (cooked)	884
Swiss Chard	1 cup (raw)	299
Tomato	1 cup (raw)	14
Turnip Greens	1 cup (cooked)	526
Watercress	1 cup (raw)	85
Zucchini	1 cup (raw)	5

### Beverages

Most beverages are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Beer	12 fluid oz.	Less than 1
Coffee	6 fluid oz.	Less than 1
Cola	12 fluid oz.	Less than 1
Milk	1 cup (whole)	Less than 1
Orange Juice	1 cup	Less than 1
Tea	6 fluid oz.	Less than 1
Water	8 fluid oz.	Less than 1
Wine	3.5 fluid oz.	Less than 1

### Fats and Oils

Fats and oils eaten in small amounts are low in vitamin K. However, large amounts can have a medium to high amount of vitamin K. Sometimes, you may eat more vitamin K than you realize, like when you eat salads that use a lot of oil or mayonnaise such as potato salad or cole slaw.

Food	Serving Size	Vitamin K (in mcg)
Butter	1 cup	16
Butter	1 tablespoon	1
Canola Oil	1 cup	55
Canola Oil	1 tablespoon	4
Corn Oil	1 cup	4
Corn Oil	1 tablespoon	Less than 1
Margarine	1 cup	211
Margarine	1 tablespoon	13
Mayonnaise	1 cup	93
Mayonnaise	1 tablespoon	6
Olive Oil	1 cup	130
Olive Oil	1 tablespoon	8
Peanut Butter	1 cup	2

Food	Serving Size	Vitamin K (in mcg)
Peanut Butter	1 tablespoon	Less than 1
Peanut Oil	1 cup	2
Peanut Oil	1 tablespoon	Less than 1
Safflower Oil	1 cup	16
Safflower Oil	1 tablespoon	1
Sesame Oil	1 cup	30
Sesame Oil	1 tablespoon	2
Soybean Oil	1 cup	431
Soybean Oil	1 tablespoon	27

**Meats**

Meat is low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Bacon	1 cup (diced)	Less than 1
Beef	1 cup (diced)	2
Beef Liver	1 cup (diced)	5
Chicken	1 cup (diced)	3
Chicken Liver	1 cup (diced)	3
Duck	1 cup (diced)	6
Fish	1 cup (diced)	Less than 1
Lamb	1 cup (diced)	6
Pork	1 cup (diced)	Less than 1
Shrimp	1 cup (diced)	Less than 1
Turkey (dark meat)	1 cup (diced)	5
Turkey (light meat)	1 cup (diced)	Less than 1
Venison	1 cup (diced)	2

**Fruits**

Most fruits are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Apple	1 cup	3
Banana	1 cup	Less than 1
Blueberries	1 cup	28
Cantaloupe	1 cup	4
Grapefruit	1 cup	Less than 1
Grapes	1 cup	23
Lemon	1 cup	Less than 1
Lime	1 cup	Less than 1
Mango	1 cup	7
Orange	1 cup	Less than 1
Peach	1 cup	4
Pear	1 cup	7
Raspberries	1 cup	10
Strawberries	1 cup	3
Watermelon	1 cup	Less than 1

**Nuts**

Nuts have a low to medium amount of vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Almonds	1 cup	Less than 1
Cashews	1 cup	45
Hazelnuts	1 cup	16
Macadamia	1 cup	Less than 1
Peanuts	1 cup	Less than 1
Pecans	1 cup	3
Pistachios	1 cup	17
Walnuts	1 cup	3

**Grain Products and Legumes**

Bread and grain products such as oatmeal, rice, and legumes, like beans and lentils, are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Bagel (plain)	1 each	1
Beans (black)	1 cup	3
Beans (white)	1 cup	6
Bread (assorted)	1 slice	Less than 1
Flour (white)	1 cup	Less than 1
Flour (whole wheat)	1 cup	2
Lentils (cooked)	1 cup	3
Oatmeal	1 cup	1
Pasta	1 cup	Less than 1
Rice (brown)	1 cup	1
Rice (white)	1 cup	Less than 1
Rice (wild)	1 cup	Less than 1

**Dairy**

Dairy products are low in vitamin K.

Food	Serving Size	Vitamin K (in mcg)
Cheese	1 cup	3
Cream	1 cup	8
Egg (cooked)	1 (large)	1
Eggs (cooked)	1 cup	4
Ice Cream (chocolate)	1 cup	Less than 1
Ice Cream (vanilla)	1 cup	Less than 1
Milk (2%)	1 cup	Less than 1
Milk (non-fat)	1 cup	Less than 1
Milk (whole)	1 cup	Less than 1
Yogurt	1 cup	Less than 1

**Diet Supplement Products**

Vitamin K is added to many products used by people who want to diet or need nutritional supplements. Examples of these types of products include Slim Fast®, Instant Breakfast®, Boost®, and Ensure®.

The contents of these products can change frequently. Check labels carefully! If you have questions please ask your health care provider.

The information found in this table was derived using the USDA “What’s in the Foods You Eat Search Tool” available at: [http://199.133.10.140/codesearchwebapp/\(tkeac3quimopqyyyi3ooemy\)/codesearch.aspx](http://199.133.10.140/codesearchwebapp/(tkeac3quimopqyyyi3ooemy)/codesearch.aspx). You can also access this from: <http://www.ars.usda.gov/services/docs.htm?docid=12096>.











# Notes

