

Coumadin Information

You have been started on the blood thinner Coumadin (Warfarin). You may or may not be on this medication long-term. The duration of your treatment will be determined by your doctor.

Common Side Effects:

Easy Bruising

Dietary Notes:

Coumadin is inactivated by Vitamin K which is found in leafy green vegetables. While you do not have to completely avoid these foods, keep the amount of leafy green vegetables in your diet consistent.

Blood Tests:

While on Coumadin it is important to check the thickness of your blood at least once a month. You may be asked to test more often as needed to adjust your dose.

Call your Doctor if:

You notice blood in your stool.

You have bleeding that will not stop after applying pressure.

You have bruises that get worse or will not heal.

You add any medications to your regimen.