

About Your Blood Thinner - Food and Your Blood Thinner



The foods you eat can affect how well your blood thinner works for you. High amounts of vitamin K might work against some blood thinners, like warfarin (Coumadin®, **COU-ma-din**). Other blood thinners are not affected by vitamin K. Ask your doctor if you need to pay attention to the amount of vitamin K you eat.

Examples of some foods that contain medium to high levels of vitamin K:

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Endive
- Green onions
- Kale
- Lettuce
- Parsley
- Soybean oil
- Soybeans
- Spinach
- Turnip, collard, and mustard greens



Cranberries. You should talk with your doctor about whether you should avoid drinking cranberry juice or taking other cranberry products.

Alcohol. If you are taking a blood thinner, you should avoid drinking alcohol.

Call your doctor if you are unable to eat for several days, for whatever reason. Also call if you have stomach problems, vomiting, or diarrhea that lasts more than 1 day. These problems could affect your blood thinner dose.



Keep your diet the same.

Do not make any major changes in your diet or start a weight loss plan before calling your doctor first.

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