What is most important to remember?

- Take warfarin exactly as you are told
- Keep your appointments for the INR laboratory tests
- Maintain a stable diet and avoid big changes of foods that contain vitamin K
- Call your doctor at once with any signs of serious bleeding or bruising
- Do not start any new medications, over-the-counter drugs or herbal remedies without talking to your doctor
- Tell all doctors, dentists and pharmacists that you are using warfarin

If you have questions:
Ask your doctor, nurse or pharmacist for more information about warfarin (Coumadin® or Jantoven®)

Strong Internal Medicine
601 Elmwood Avenue
Ambulatory Care Facility, 5th Floor
Rochester, NY 14642
Phone: (585) 275 7424

Visit our website at:
www.urmc.rochester.edu/medicine/general-medicine/patientcare/
What about my diet and exercise?
- The effects of warfarin can be reduced by eating a lot of foods that contain vitamin K

### Foods High in Vitamin K
**Vegetables:** Alfalfa, asparagus, avocado, broccoli, Brussel sprouts, collard greens, cabbage, cauliflower, kale, lettuce, peas, spinach, turnip greens, watercress
**Fats:** Soybean oil (in mayonnaise and salad dressing), olive oil, margarine
**Beans/Meat:** Chickpeas, garbanzo beans, lentils, liver

- You do NOT need to avoid these foods. You should eat them in moderation and avoid big changes in your diet
- It is important to maintain exercise. Talk to your doctor before making big changes in your exercise level
- It is important to avoid falls or accidents related to your exercise regimen

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What should I do if I forget a dose?
- If a dose is less than 12 hours late, take it now
- If the dose is more than 12 hours late, skip the missed dose. Take your usual dose at the next time you normally would take it
- NEVER double up your dose of warfarin

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