Warfarin, also known as Coumadin™, has been given to you to prevent blood clots. It is important that you follow all your doctor's directions when taking this medication. The drug works by thinning your blood, and must be closely monitored.

**General guidelines for use:**

1. **Do not use ANY aspirin or anti-inflammatory drugs**, (i.e., ibuprofen, naproxen, etc.) when you are taking warfarin (Coumadin). Also, be careful with any "over-the-counter" drugs at the pharmacy, as many contain aspirin or other anti-inflammatory drugs.

2. Always mention to physicians that you take warfarin (Coumadin) because many prescription drugs are incompatible with it.

3. Do not SUDDENLY begin eating more than usual of the following foods which are high in vitamin K (vitamin K reduces the potency of warfarin (Coumadin)), which will lower the blood thinning effect:
   - brussel sprouts, kale, green tea, asparagus, avocado, broccoli, cabbage, cauliflower, collard greens, liver, soybean oil, soybeans, certain beans, mustard greens, peas (black-eyed peas, split peas, chick peas), turnip greens, parsley, green onions, spinach, and lettuce.
   - Cranberries and cranberry juice
   - herbal remedies such as dong quai, garlic, ginkgo biloba, ginseng, coenzyme Q₁₀, St. John's wort, alfalfa, arnica, capsicum, chamomile, dandelion, fenugreek, horse chestnut, licorice, nettle, passion flower, red clover, sweet clover, pau d'arco, agrimony, black cohosh, feverfew, ginger, garlic, willow, and goldenseal
   - Large amounts of Vitamin E (>1000 IU/day) should also be avoided.

4. Do not eat fortified cereals which contain vitamin K while you are taking warfarin (Coumadin). If you do take a multivitamin, take it **consistently** each day to avoid changes in your vitamin K intake.

5. Do not drink alcohol while you are taking warfarin (Coumadin).

6. Tell your physician about any chronic illness that may affect your warfarin (Coumadin) like chronic liver or kidney disease.
What common drugs might interact with this medicine?

**NOTE: This is NOT a complete list**

- Aspirin, Anti-inflammatories (i.e. ibuprofen (Motrin, Advil), naproxen (Naprosyn, etc.)
- Antibiotics such as ciprofloxacin (Cipro), ofloxacin (Floxin), azithromycin (Zithromax), clarithromycin (Biaxin), erythromycin, doxycycline, minocycline, tetracycline, isoniazid, sulfamethoxazole (Bactrim), cefazolin (Keflex)
- Antiseizure medicines such as carbamazepine (Tegretol), valproic acid (Depakote), and phenytoin (Dilantin)
- Antifungal medicines such as fluconazole (Diflucan)
- Antihistamines
- Birth control pills and female hormones
- Blood pressure medicine such as beta blockers
- Blood thinners such as dipyridamole (Persantine), and clopidogrel (Plavix)
- Cholesterol-lowering medicines such as atorvastatin (Lipitor) or simvastatin (Zocor)
- Corticosteroids such as prednisone
- Diabetes medicine
- Disulfiram (Antabuse)
- Diuretics (water pills) such as chlorthalidone and spironolactone (Aldactone)
- Gout medicines such as allopurinol
- Heart medicines such as propafenone (Rythmol), quinidine, and amiodarone (Cordarone)
- Heartburn or ulcer medicines such as antacids, H2 blockers like ranitidine (Zantac) or proton pump inhibitors like omeprazole (Prilosec)
- Immunosuppressant medicine such as azathioprine (Imuran)
- Tamoxifen (Nolvadex)
- Quinine
- Raloxifene (Evista)
- SSRI antidepressants
- Thyroid medicines