

Where to exercise caution

Herbal preparations: Some herbal supplements and teas (e.g. over 4 mugs of green tea a day) may interfere with your Warfarin. It is not recommended to take more than one supplement at a time and please ensure that your GP is aware of what you are taking. If you are unsure if a supplement is safe to take with Warfarin, please discuss with your GP or pharmacist.

The following products **must not** be taken with Warfarin:

St John's Wort

Danshen

Ginkgo Biloba

Glucosamine

Cod Liver Oil

Cranberry Juice

Cranberry Juice Tablets

Multivitamins - are fine to take, but choose a brand without vitamin K.

Cranberry Juice – Avoid - this may increase the action of your Warfarin.


Alcohol - the occasional drink of 2 units or regular intake of 1 unit should not affect your Warfarin.

Regular heavy/binge-drinking is not recommended.

Tablet strengths and colours

Warfarin 0.5mg	White
Warfarin 1mg	Brown
Warfarin 3mg	Blue
Warfarin 5mg	Pink

Useful contacts

British Heart Foundation
Greater London House
180 Hampstead Road, London
 **0207 5540000**

Food Standards Agency
www.food.gov.uk/healthiereating
www.eatwell.gov.uk

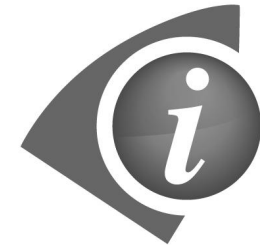
British Dietetic Association
5th Floor, Charles House,
148/9 Great Charles Street
Queensway, Birmingham, B3 3HT
www.bda.uk.com/foodfacts

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PATIENT INFORMATION



A guide for people taking Warfarin tablets

If you are awaiting a DC
cardioversion, **PLEASE** ensure
you have weekly INRs at your GP
surgery and phone the result to
the BHF Arrhythmia Nurses
(answerphone) (01803) 654374
Your target INR 2 – 4
If you have any questions please
discuss with your GP or BHF
Arrhythmia Nurses.

Warfarin is used to prevent and treat the formation of harmful blood clots within the body. It works by reducing the effects of vitamin K - a vitamin present in the body and essential in the process of blood clotting.

Do not stop taking Warfarin without speaking to your doctor first. You should have been given a yellow Oral Anticoagulation Booklet when you started your treatment.

Never take more than the prescribed dose or give your tablets to others.

Do not take medicines that contain aspirin unless prescribed by your doctor.

As Warfarin thins the blood you will need to be careful not to knock, cut or bruise yourself.

Please inform your dentist you are on Warfarin. Use a soft toothbrush and take care when using dental floss.

Please read your patient information leaflets and check with your pharmacist before buying any healthcare products or medication. Please take your yellow book to the pharmacy when collecting your prescription, so you can discuss your treatment with the pharmacist, who is now obliged to advise when giving out Warfarin prescriptions.

Advice regarding different foods if you are taking Warfarin

It is important you try and keep to a consistent diet to help regulate your Warfarin more easily.

Vitamin K: This vitamin is mainly found in dark green, leafy vegetables and is essential for normal blood clotting. However, if you change the quantity of vegetables that you normally eat it can affect how well your Warfarin works.

It is important to eat regular, healthy, meals. If you are planning to change the way you eat, i.e. losing weight, please speak to your GP first.

Vegetables are an important part of a healthy diet; however the following are particularly high in vitamin K – broccoli, curly kale, dark green cabbage, spinach, spring greens and sprouts.

It is recommended that you keep to a small serving and include a second different vegetable to make up the quantity you would normally eat, e.g. add a portion of carrots to a small portion of broccoli.

Cauliflower, courgettes, mushrooms, peas, peppers, sweetcorn, swede and tomatoes are a few examples of vegetables low in vitamin K.

You may find it useful to keep a note of the food you eat using this guide:

Food	Max. Portion
Kale *	3 dessert spoons
Spinach (boiled)*	3 dessert spoons
Spring greens (boiled)*	4 dessert spoons
Broccoli	6-7 small/med florets
Green cabbage (boiled)	4 dessert spoons
Sprouts	12 sprouts
Watercress	quarter bunch
Asparagus	10 spears
Coleslaw	2 tablespoons
Beef liver	4oz (100g)

*These vegetables are particularly high in vitamin K, so keep to one portion only of these vegetables each day, unless you have discussed this first with your GP.

Remember the healthy eating guidelines are to include 5 portions of vegetables or fruit each day.

