

Dr. Sanjay Salunkhe **What precautions you should be taking'**
when you are advised to use Warfarin by your doctor

You are on anticoagulant therapy (blood thinners) If the blood becomes too thin, spontaneous bleeding may start. To check how thin the blood is, your doctor will advise repeated blood tests. One of these tests is INR. The normal report is 1; in your case your doctor may want it to be between 2-3. It is very important for you to know that some medicines may interfere with your anti coagulants, and make the blood thinner. This may cause you to have a life threatening bleed without any reason (like bleeding in the brain).

The First Step Before starting any other medication, make sure you already are not using the following medication as this will cause either rise or fall in INR.

(also, make sure no other doctor co-prescribes these drugs unknowingly, while on Warfarin)

Antacids:	Sucralfate
Pain relief Medicine:	Salicylates, Acetaminophen, Allopurinol, Phenylbutazone
Oral antibiotics:	Rifampin, Nalidixic acid, Chloramphenicol, Metronidazole,
Sulfonamides,	
Oral Anti Fungals:	Griseofulvin, Miconazole, Ketoconazole
Diuretics:	Spironolactone,
Blood Thinners :	Gemfibrozil, Clofibrate,
Anti Diabetics:	Sulfonylureas,
Oral contraceptives, Estrogens	

Dr. Sanjay Salunkhe

Dr. Sanjay Salunkhe
Vitamin K plays a role in helping blood clot in the body. Warfarin decreases blood clotting by acting on vitamin K. For this reason, you need to avoid sudden changes in the amount of vitamin K that you eat while taking Warfarin. You do not need to completely avoid vitamin K while you are taking Warfarin. However, it is important that you eat about the same amount of vitamin K each day. The best way to do this is to follow your normal diet and continue to eat the same foods you have always eaten.

*How to eat while
on Warfarin*

While you are taking Warfarin, do not make any sudden changes in the amount and type of food you normally eat without discussing it with your doctor, nurse, or dietitian first. Eat a normal, balanced diet and do not go on a weight loss diet or make other changes in your eating habits.

While you are taking Warfarin, do not take any new or different dietary supplements, vitamins, minerals, or herbs without discussing it with your doctor, nurse, or dietitian first. These products can interfere with how Warfarin works in the body and may lead to serious complications.

Call your doctor right away if you are unable to eat for several days or if you have stomach upset, diarrhea, or fever. If you are not eating, this will decrease the amount of vitamin K in your body and could affect how Warfarin is working.

These precautions are important because the effects of Warfarin depend on the amount of vitamin K in your body .

Dr. Sanjay Salunkhe

Vitamin K in Food

Foods that are rich in vitamin K include liver, other organ meats, and green and leafy vegetables such as asparagus, broccoli, cabbage, brussels sprouts, collard greens, kale, dark green lettuce, swiss chard, turnip greens, spinach, endive, okra, scallions (green spring onions), watercress, bok choy, coriander, parsley, green beans, and green peas.

Food that is enriched with vitamin K, such as egg noodles, also may contain a lot of this nutrient. It is important that you do not make large changes in the amount of these foods that you eat every day while you are taking Warfarin. Remember, you do not need to avoid these foods, you just need to make sure that you do not make large changes in the amount of these foods in your diet. If you normally eat these foods, you may continue to do so.

Finally, mangoes, cranberries and cranberry juice can interfere with how Warfarin works in the body. Do not eat cranberries or drink cranberry juice while you are taking Warfarin. Eating too many mangoes could prolong your INR!

Other food items related to effect on coagulation (may be rare in Indian context):

Horse Chestnut , Ipriflavone , Policosanol , Red Clover , White Willow , Alfalfa , Green tea supplement (drinking green tea is ok) , Vinpocetine , Passion Flower , Pau d'arco , Goldenseal , Nettle , Black Cohosh , Dong quai , Bromelain , Chamomile , Devil's Claw , Feverfew

Do not take any of these dietary supplements or herbal products without first talking to your doctor, nurse, or dietitian.

Final Note on Vitamin K

If you and your doctor are having a difficult time managing your dose of Warfarin, you may want to ask about taking a vitamin K supplement. It may seem that taking a vitamin K supplement would be the last thing you would want to do. However, for people who have very little vitamin

Dietary Supplements and Warfarin

Many dietary supplements contain vitamin K. Also, some herbal products and other supplements that do not contain vitamin K can affect how Warfarin works in the body. For this reason, while you are taking Warfarin, do not use dietary supplements without discussing it with your doctor, nurse, or dietitian first.

Dietary supplements that can interact with Warfarin and lead to serious complications include:

Multivitamins
Garlic (lasoon)
Papain (Papaya)
Evening Primrose Oil
Fenugreek (Methi)
Ginger (Aaley)
Clove (lawang)
Arnica (used in pain balms)
Gingko biloba
Ginseng
Cranberry herbal products
Coenzyme Q10

K in their body, getting a steady, consistent amount of vitamin K from a dietary supplement can help "even out" how the body responds to Warfarin. However, do not take a vitamin K supplement without talking to your doctor first. Discuss this option with your doctor, nurse, or dietitian to determine if it is right for you.

Dr. Sanjay Salunkhe

Dr Sanjay Salunkhe
Consultant Gastroenterologist
98220 51735