

PRECAUTIONS AND DIET FOR PATIENTS ON WARFARIN

FOOD

- Warfarin (warf) is an aniticoagulant that slows down the rate of blood clotting and reduces the risk of unwanted clot formation . it does this by reducing the activity of Vit K in the blood.
- Since the action of warfarin is related to Vit K , a large change in intake of Vit K (either through food or through supplements) may disrupt the effect of warfarin.
- *It is recommended that patients on warfarin should try to consume a balanced consistent meal thus consuming consistent amount of Vit K and they should not suddenly increase or decrease the consumption of food products containing large amounts of Vit K.*
- Items containing large amount of Vit K :

Food Items	Food supplements
✓ Green leafy vegetables : spinach	✓ Herbal tea
✓ Broccoli	✓ Chammomile tea
✓ Lettuce leaves	✓ Cranberry juice
✓ Parsley(ajmoda)	✓ Fish oils
✓ Brussel Sprouts(naval khol)	✓ Fenugreek (Methi) seeds
✓ Cabbage leaves	✓ Ginkoba biloba
✓ Mustard seeds	✓ Vit K
✓ Alchohol	✓ Vit E

DRUGS

- THERE IS AN EXTENSIVE LIST OF DRUGS (MEDICINES) WHICH INTERACT WITH WARFARIN –EITHER ENHANCING OR DECREASING ITS EFFECTS .
KINDLY INFORM YOUR DOCTOR THAT YOU ARE ON WARFARIN BEFORE HE PRESCRIBES ANY NEW MEDICINE FOR YOU .
LIST OF MEDICINES THAT INTERACT WITH WARF HAS BEEN ATTACHED AS READY REFERENCE FOR YOUR DOCTOR / YOURSELF.

WARFARIN DRUG INTERACTIONS

Drugs That Increase The Warf Effect :

Acetaminophen	Entacapone	Piroxicam
Alcohol(Binge)	Erythromycin	Propafenone
Allopurinol	Felbamate	Propranolol
Amiodarone	Fenofibrate	Quinidine
Argatroban	Fluconazole	Ritonavir
Aspirin	Fluorouracil	Sertraline
Azithromycin	Fluvoxamine	Simvastatin
Bactrim	Gemfibrozil	Sulfamethoxazole
Chloral Hydrate	Influenza Vaccine	Sulfinpyrazone
Chloramphenicol	Isoniazid	Tamoxifen
Cimetidine	Itraconazole	Testosterone
Ciprofloxacin	Levofloxacin	Tetracycline
Citalopram	Metronidazole	Vitamine E
Clarithromycin	Miconazole	Voriconazole
Clofibrate	Moxalactam	Zafirlukast
Danazol	Neomycin	
Diltiazem	Norfloxacin	
Disopyramide	Ofloxacin	
Disulfiram	Omeprazole	
Doxycycline	Phenylbutazone	

Drugs That Decrease The Warf Effect :

Amobarbital	Mesalamine	Rifampin
Butababital	Nafcillin	Secobarbital
Carbamazepine	Phenobarbital	Sucralfate
Cholestamine	Phenytoin	Vit K
Dicloxacilin	Primidone	Co enzyme Q
Griseofulvin	Ribavirin	
Mercaptopurine	Rifabutin	