Drug-Food and Drug-Nutrient Interactions
General Information

Go to the same pharmacy for all your medicines whenever possible. Tell the pharmacist if you have any allergies or intolerances to foods or drugs, and if you are pregnant or nursing a baby.

Always ask your pharmacist:
- Should I take this medicine before, after or with meals?
- Are there any foods I should avoid while taking this medicine?
- Are there any prescription or over-the-counter medicines, or vitamin or mineral supplements I should avoid while taking this medicine?
- Is it OK to drink alcohol while taking this medicine?
- Does this medicine have any common side effects?
- What should I do if I miss a dose?

Do not stop taking your medicine without checking with your doctor or pharmacist, even if you feel better. Contact your pharmacist or doctor if you have any problems or questions about your medicine.

Dietitian Name: ____________________________________________________________

Phone: ___________________________________________________________________

Important Food and Nutrition Information
When You Are Taking WARFARIN (Coumadin, Panwarfarin)

This medicine has been given to you to prevent blood clots.
- Do not suddenly eat more foods high in vitamin K than usual. Foods high in vitamin K include:
  - beef liver
  - broccoli
  - cabbage
  - cauliflower
  - chicken liver
  - garbanzo beans (chickpeas)
  - green tea
  - lentils
  - pork liver
  - seaweed
  - soybean oil
  - spinach
  - turnip greens
- Do not take any supplements (vitamin pills) that contain vitamin E or vitamin K while you are taking this medicine.
- Do not drink alcohol while you are taking this medicine.
- Do not drink herbal teas containing coumarin while you are taking this medicine.

This information provided by The American Dietetic Association