

Vitamin K and blood thinners

Enoxaparin (Lovenox®) and warfarin (Coumadin®) are blood thinners. You're taking these medicines to help you keep from getting blood clots. Vitamin K, a vitamin found in many foods, helps the blood clot faster. If you change the amount of vitamin K you eat every day, it will affect how well your warfarin (Coumadin®) is working.

Can I still eat foods that have vitamin K?

You can still eat foods that have vitamin K. The key is to be consistent. Make sure you eat about the same amount and the same kinds of foods every day. If you suddenly change your diet and eat a lot more or a lot less of certain foods, it can change the way your medicine works.

Is it okay for me to take vitamins while I'm on a blood thinner?

You can take a multivitamin that has vitamin K, as long as you take it every day. Just like with certain foods, if you suddenly change the amount of vitamin K you take, it will affect how well your medicine works.

How about nutritional supplements?

You can still use Ensure®, Boost®, and other nutritional drinks. Just be sure you drink the same amount every day.

Are over-the-counter medicines and herbal supplements okay?

Many over-the-counter medicines and herbal supplements will change the way your blood thinning medicine works. For example, people shouldn't take aspirin or ibuprofen (such as Advil® or Motrin®) while taking a blood thinner because these medicines also thin the blood and can cause bleeding. Herbal supplements that can cause problems with your blood thinners include ginkgo biloba, angelica, feverfew, and St. John's wort. Always talk to your doctor or pharmacist before you use any over-the-counter medicines or herbal supplements.

Tell a member of your care team if you make any changes in your diet, vitamins, or nutritional supplements. Talk to your doctor or pharmacist before taking any over-the-counter medicines or herbal supplements.

Continued on next page

Vitamin K in common foods

The following chart lists common foods that have high or moderate amounts of Vitamin K.

Foods high in Vitamin K	
Food	Serving size
Broccoli	1/2 cup
Brussels sprouts	5 sprouts
Cabbage	1 ½ cups
Collard greens	1/2 cup
Cucumber peel	1 cup
Green onion (scallion)	2/3 cup
Green tea	8 ounces
Lettuce	1 ¾ cups
Mayonnaise	6 tbsp
Mustard greens	1 ½ cups
Oil – canola, soybean	6 tbsp
Parsley	1 ½ cups
Spinach	1 ½ cups
Turnip greens	1 ½ cups
Watercress	3 cups
Foods with moderate Vitamin K	
Asparagus	7 spears
Avocado	1 small
Boost	1 can
Ensure	1 can
Margarine	6 tbsp
Oil – olive	6 tbsp
Peas	2/3 cup

You can review a complete list of foods containing vitamin K at the following websites:

- ptinr.com/cafe-ptinr/vitamin-k-finder
- nutritiondata.self.com/foods-000104000000000000000000-1.html