

Foods to Avoid When Taking Warfarin

If you are taking warfarin, you know that we need to test your blood often.

We need to know how fast your blood is clotting. We measure this with a test called an “INR level.”

If it clots too fast or too slowly, we need to adjust your warfarin dose.

There are certain foods and drinks that can make warfarin less effective so it’s important to pay attention to what you eat and drink.

Vitamin K can lower your INR level and make your blood clot faster. Certain foods have lots of vitamin K.

Ask your doctor or nurse for a handout that has a more complete list of foods you should avoid.