

# Diet Guidelines for Patients Taking Warfarin (Coumadin)

These foods prevent sufficient warfarin effect from your medication levels. When to what you should have avoid indicates and warfarin.

## Vitamin K in foods

While you are on warfarin, your intake of vitamin K should stay the same from day to day. Your warfarin dose is based on your daily intake of vitamin K in foods. It is so important to get the same amount of vitamin K each day.

Warfarin helps to thin your blood. Vitamin K helps to clot your blood. When there is a sudden increase or decrease in vitamin K intake, the warfarin may not work as well.

If you are taking K foods before starting warfarin, you should continue to eat them. If you plan to eat more or less of the vitamin K foods, you need to get your doctor. They should will change your dose to match your vitamin K intake.

## Dietary supplements

Some dietary supplements have vitamin K. For this and other foods, check labels with warfarin. In the end, don't take dietary supplements (including your daily intake vitamins) unless your doctor approves.

Vitamin K and fish oil are often taken by people with heart problems. Both of these have blood-thinning effects. If you take them, be sure to tell your doctor.

Foods that are high in vitamin K  
(eating this is right)

Collards (cooked)  
Kale (cooked)  
Arugula/greens (cooked)  
Parsley (raw)  
Spinach (cooked)  
Turnip greens (cooked)  
Turnip greens (cooked)

Foods that are moderate high in Vitamin K  
(eating this is okay, except Brussels sprouts is okay)

Brussels sprouts (cooked)  
Beans  
Broccoli (raw)  
Chestnut leaf lettuce  
Romaine lettuce  
Spinach (raw)  
Turnip greens (raw)

# Diet Guidelines For Patients Taking Warfarin Coumadin

**CO Houle**



## **Diet Guidelines For Patients Taking Warfarin Coumadin:**

**Handbook of Food-Drug Interactions** Beverly McCabe-Sellers, Eric H. Frankel, Jonathan J. Wolfe, 2003-04-29 With contributions from the fields of pharmacy dietetics and medicine Handbook of Food Drug Interactions serves as an interdisciplinary guide to the prevention and correction of negative food drug interactions Rather than simply list potential food drug interactions this book provides explanations and gives specific recommendations based on them

**Dentist's Guide to Medical Conditions and Complications** Kanchan Ganda, 2011-11-16 Dentist's Guide to Medical Conditions and Complications is a highly accessible reference to dental treatment of medically compromised patients The ability to treat medically compromised patients is necessary for most dentists and dental professionals and this book serves as a guide to effectively treat these patients In a succinct easy to use format Dentist's Guide to Medical Conditions and Complications outlines protocols for treating patients with common conditions presents essential drug interaction information and guides the dental professional through the prevention and management of in office medical emergencies

*Natural Standard Herb & Supplement Guide - E-Book* Natural Standard, 2016-07-28 Covering 400 herbs and supplements Natural Standard Herb Supplement Guide An Evidence Based Reference provides the high quality up to date unbiased information you need to advise your patients No other book can match its expertise and attention to evidence Each monograph is concise and easy to read and includes uses dosage information safety considerations and interactions with drugs and other herbs and supplements At a glance research summaries and an alphabetical organization allow for quick lookup in busy settings Monographs for the 400 most commonly used and prescribed herbs and supplements such as arnica ginseng lavender glucosamine and blue cohosh provide the information you need for effective clinical decision making A unique evidence based A F grading scale evaluates the efficacy of each herb and supplement Unique Rating scales show at a glance the quality of available evidence Updates are peer reviewed and include new scientific evidence dosage recommendations and more Dosing information includes dosages for adults and children and methods for administering Coverage of allergies side effects warnings and pregnancy breast feeding promotes safety by indicating when specific herbs and supplements should not be used or when caution is required A review of evidence includes detailed explanations of clinical trials cited and conclusions drawn especially as they relate to specific diseases and conditions Evidence tables summarize clinical trial data and provide a quick reference for clinical decision making Unique Cross referencing by condition and scientific evidence grade provides a convenient decision support tool making it easy to find the herbs and supplements that may be used for the treatment of particular conditions

*Home Care Nursing Practice* Robyn Rice, 2006-01-01 This text covers conceptual information leadership skills and current issues and trends It provides clear and concise information about the best practices and quality improvement for the most common clinical conditions seen in home care Cover

**Medical-Surgical Nursing - E-Book** Sharon L. Lewis, Shannon Ruff Dirksen, Margaret M. Heitkemper, Linda Bucher, Ian Camera, 2015-07-13 Written by a

dedicated team of expert authors led by Sharon Lewis Medical Surgical Nursing 8th Edition offers up to date coverage of the latest trends hot topics and clinical developments in the field to help you provide exceptional care in today s fast paced health care environment Completely revised and updated content explores patient care in various clinical settings and focuses on key topics such as prioritization clinical decision making patient safety and NCLEX exam preparation A variety of helpful boxes and tables make it easy to find essential information and the accessible writing style makes even complex concepts easy to grasp Best of all a complete collection of interactive learning and study tools help you learn more effectively and offer valuable real world preparation for clinical practice      Study Guide for Medical-Surgical Nursing - E-Book Adrienne Dill

Linton,Mary Ann Matteson,2022-05-05 Questions arranged by level of difficulty move from simple recall to more difficult exercises designed to help you apply analyze and synthesize basic concepts Alternate format questions include multiple response labeling prioritizing ordering and calculation questions to help you practice for the NCLEX PN Review questions on care for older adults focus on long term care and community based settings asking you to apply content to real world practice Additional review questions are provided on the Evolve website for the textbook NEW Next Generation NCLEX format questions help you review and practice for the new licensure examination NEW Case studies in the clinical chapters allow you to develop skills in clinical judgment NEW Updated exercises and review questions match the new content in the textbook and cover newly approved pharmaceutical treatments and drugs      **Dentist's Guide to Medical Conditions, Medications and Complications** Kanchan Ganda,2013-05-30 The second edition of Dentist s Guide to Medical Conditions

Medications and Complications continues to provide quick access clinical information on the dental treatment of patients with common systemic conditions and medical complications Expanded in this second edition is information about patient medications Ideal for general practitioners and students in advanced general dentistry programs the book outlines protocols for treating patients with common conditions presents essential drug interaction information and guides the dental professional through prevention and management of in office medical emergencies      Lewis's Adult Health Nursing I and II: Assessment and Management of Clinical Problems 5SAE 2V - E-Book Chintamani,Dr. L. Gopichandran,Mrinalini

Mani,2024-05-20 The 12th edition of Lewis s Medical Surgical Nursing served as the model for Lewis s Adult Health Nursing I II Fifth South Asia Edition which offers a thorough authentic approach to medical surgical nursing or adult health nursing in a clear approachable manner for students This fifth South Asia edition has been thoroughly revised to incorporate the most current information in a format that is easy to learn and practice Not just a textbook this edition is a reference for essential information needed by the students for preparing for all international nursing examinations Additionally it can serve as a vital companion in clinics operating rooms and emergency settings to standardize patient care in all stings      Pharmacology for Nurses Blaine T. Smith,Diane F. Pacitti,2018-11-30 Pharmacology for Nurses Second Edition teaches undergraduate nursing

students the basic concepts of pharmacology      **Medical-Surgical Nursing - E-Book** Donna D. Ignatavicius,M. Linda

Workman,Cherie Rebar,2017-09-09 Awarded second place in the 2018 AJN Book of the Year Awards in Medical Surgical Nursing Healthcare is evolving at an incredible pace and with it the roles and responsibilities of the medical surgical nurse Ensure you are fully equipped to thrive and adapt in this ever changing nursing environment with Ignatavicius Workman and Rebar s Medical Surgical Nursing Concepts for Interprofessional Collaborative Care 9th Edition This trendsetting text not only covers all essential adult health knowledge but also reinforces the application conceptual thinking and clinical judgment skills that today s nurses need to stay one step ahead in delivering exceptional patient care no matter the environment As with previous Iggy editions you ll find a unique collaborative care approach to adult health nursing a thorough integration of QSEN competencies extensive NCLEX Exam preparation and a direct reader friendly tone throughout the text This ninth edition incorporates two emerging and complementary trends the Core Competencies for Interprofessional Collaborative Practice and a more conceptual approach teaching and learning areas that will ground you in how to think like a nurse and how to apply the knowledge you gain from the text to clinical practice There are a lot of med surg nursing texts out there but there s only one that combines all the information concepts and on the job realities in a way that makes perfect sense Iggy Trendsetting QSEN integration emphasizes patient safety and evidence based practice with Nursing Safety Priority boxes including Drug Alerts Critical Rescues and Action Alerts UNIQUE Emphasis on clinical judgment helps you develop skills in clinical reasoning and clinical decision making when applying concepts to clinical situations Strong emphasis on NCLEX Exam preparation includes chapter opening Learning Outcomes and chapter ending Get Ready for the NCLEX Examination sections organized by NCLEX Client Needs Categories plus NCLEX Examination Challenge questions with an answer key in the back of the book and on the Evolve companion website Exceptionally readable content features shorter sentences straightforward vocabulary and a direct reader friendly writing style **Medical-Surgical Nursing** Donna D.

Ignatavicius,M. Linda Workman, PhD, RN, FAAN,2015-02-09 Using a unique collaborative care approach to adult health nursing Medical Surgical Nursing Patient Centered Collaborative Care 8th Edition covers the essential knowledge you need to succeed at the RN level of practice Easy to read content includes evidence based treatment guidelines an enhanced focus on QSEN competencies and an emphasis on developing clinical judgment skills This edition continues the book s trendsetting tradition with increased LGBTQ content and a new Care of Transgender Patients chapter Written by nursing education experts Donna Ignatavicius and M Linda Workman this bestselling text also features NCLEX Exam style challenge questions to prepare you for success on the NCLEX Exam Cutting edge coverage of the latest trends in nursing practice and nursing education prepares you not just for today s nursing practice but also for tomorrow s UNIQUE Collaborative care approach organizes all medical surgical nursing and other interventions within the framework of the nursing process mirroring the nurse s role in the coordination management of care in the real world of medical surgical nursing UNIQUE A focus on nursing concepts relates concepts learned in Nursing Fundamentals with the disorders you will study in Medical Surgical

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*The Pill Book Guide to Natural Medicines* Michael Murray, 2008-11-19 IF YOU TAKE NUTRITIONAL SUPPLEMENTS HERBS VITAMINS AND OTHER NATURAL PRODUCTS YOU NEED THIS BOOK Compiled by one of America's leading authorities on natural medicine *The Pill Book Guide to Natural Medicines* answers vital questions about the effectiveness and safety of more than 250 of today's most popular natural remedies Dr Murray's unique A to F rating system tells you at a glance whether the product has been scientifically proven to work and if there are risks in taking it Written in clear accessible language here is important information on What the product is for and how it works Safety and effectiveness rating Possible side effects Drug and food interactions Usual dosage Cautions and warnings Special concerns for seniors children and pregnant women Up to date and authoritative *The Pill Book Guide to Natural Medicines* also contains Dr Murray's recommendations for the prevention and treatment of over 70 common conditions from acne and atherosclerosis to ulcers and varicose veins Remember just because a product is natural does not mean it is safe This important reference can help you make wise choices or even save your health

*Prescription for Herbal Healing, 2nd Edition* Phyllis A. Balch CNC, Stacey Bell, 2012-04-03 The definitive source for choosing the optimal herbal therapy thoroughly revised and updated Millions of Americans are turning to herbal therapies to heal what ails them either as an alternative or as a supplement to traditional medicine From the most trusted name in natural healing Phyllis A Balch's new edition of *Prescription for Herbal Healing* provides the most current research and comprehensive facts in an easy to read A to Z format including Information on more than 200 herbs and herbal combination formulas ranging from well known herbs such as

ginseng and St John's Wort to less familiar remedies such as khella and prickly ash Chinese and ayurvedic herbal combinations Discussion of more than 150 common disorders from acne to yeast infection and suggested herbal treatment therapies **American Journal of Hospital Pharmacy**, 1986-10 **Conn's Current Therapy 2023 - E-Book** Rick D. Kellerman, David P. Rakel, 2022-11-02 Trusted by clinicians for more than 75 years Conn's Current Therapy presents today's evidence based information along with the personal experience and discernment of expert physicians The 2023 edition is an excellent resource for a wide range of healthcare professionals including primary care subspecialists and allied health providing current treatment information in a concise yet in depth format Nearly 350 topics have been carefully reviewed and updated to bring you state of the art content in even the most rapidly changing areas of medicine Offers personal approaches from recognized leaders in the field covering common complaints acute diseases and chronic illnesses along with the most current evidence based clinical management options Follows a consistent easy to use format throughout with diagnosis therapy drug protocols and treatment pearls presented in quick reference boxes and tables for point of care answers to common clinical questions Includes new chapters on leg edema and venous stasis multisystem inflammatory syndrome in children MIS C monoclonal antibodies and genetic testing Incorporates more electronic links throughout the text that connect the reader to apps and clinical prediction tools that can easily be accessed in practice Features thoroughly reviewed and updated information from many new authors and two new associate editors Drs Joel J Heidelbaugh and Ernestine M Lee who offer a fresh perspective and their unique personal experience and judgment Provides current drug information thoroughly reviewed by PharmDs Features nearly 300 images including algorithms anatomical illustrations and photographs that provide useful information for diagnosis **Adult-Gerontology Practice Guidelines, Second Edition** Jill C. Cash, Cheryl A. Glass, 2019-02-05 Praise for the First Edition Because of the way it is organized this book meets the needs of both novice and experienced advance practice nurses Each chapter defines the problem how often it occurs and what leads to the problem To aid in assessment the book includes the physical examination landmarks as well as diagnostic tests that might be needed A plan of care is offered with several different alternatives for treatment and then notes what type of follow up is needed This would be a great resource for anyone working in the field of geriatrics Score 92 4 Stars Doody's Reviews The first book to encompass adult gerontology practice guidelines for primary care this comprehensive resource is useful as both a clinical reference and as a text for health care practitioners working with this population Concise and up to date the book is distinguished by its easy to read outline format that enables readers to quickly access the information they need The second edition features 27 completely new entries associated with the aging population an entirely new section on geriatric syndromes and multiple updates to guideline changes for screenings Polypharmacy issues are incorporated throughout and the BEERS list of medications is highlighted to guide prescribers in safely tapering or adding medications to a patient's drug regimen For quick and easy access to information practice guidelines are organized primarily by body system disorders are

listed alphabetically within each body system and all disorders are presented in a consistent format With an emphasis on history taking the physical exam and key features of the aging population each of the more than 240 disorder guidelines include definition incidence pathogenesis predisposing factors common complaints other signs and symptoms subjective data physical exam diagnostic tests differential diagnoses plan of care health promotion follow up guidelines and tips for consultation referral Particularly helpful features include Practice Pointers highlighting crucial information for a disorder and bold faced Alerts Key patient teaching points are presented at the end of each guideline Also included are 18 procedures commonly used within office or clinic settings and 140 Patient Teaching Guides that are available digitally New to the Second Edition 27 completely new entries New section on geriatric syndromes Polypharmacy alerts are incorporated throughout BEERS list of medications is highlighted for each disorder Updated guidelines for various screenings Medicare Coverage and Eligibility Screening U S Preventative Services Task Force recommendations on colonoscopy screening mammogram guidelines pap smears and pelvic examinations Deprescribing Algorithms ASCCP Algorithms Key Features Focuses specifically on adult and older adult populations Presented in easy to read outline format for quick access to information Delivers consistent presentation of more than 240 disorders by body system Reviews 17 commonly used procedures step by step Provides Practice Pointers to indicate important care points Offers digital access to more than 140 extensive Patient Teaching Guides to customize and print **Fundamental of Nursing - Guide - 2024** Akash Tiwari,2024-01-08

**Adult-Gerontology Practice Guidelines** Jill C. Cash,2023-02-13 Praise for the First Edition Because of the way it is organized this book meets the needs of both novice and experienced advance practice nurses Each chapter defines the problem how often it occurs and what leads to the problem To aid in assessment the book includes the physical examination landmarks as well as diagnostic tests that might be needed A plan of care is offered with several different alternatives for treatment and then notes what type of follow up is needed This would be a great resource for anyone working in the field of geriatrics Score 92 4 Stars Doody s Reviews This hands on text and clinical reference used by thousands of NP students and practitioners alike delivers national practice guidelines and professional standards of care to help clinicians deliver optimal primary care to adult and older adult patients The new third edition featuring the expert input of two renowned Adult Gerontology practitioners updates all chapters teaching guides and illustrative charts and provides new charts to enhance readability Fresh content includes information on Sjogren s syndrome reactive arthritis elder abuse LGBTQ health concussion assessment joint pain bursitis and fractures peripheral neuropathy and perimenopause menopause The third edition also includes the updated Beers Criteria and covers COVID 19 treatment and vaccines Ideal for quick reference and as a study guide the text presents the most up to date guidelines in a consistent easy to read bulleted format Conveniently organized by body system it features detailed content on the physical examination and diagnostic testing information on health promotion guidelines of care dietary information common procedures national patient resources and popular Client



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**The 5-minute Clinical Consult 2012** Frank J. Domino, Robert A. Baldor, 2011-04-01 Handbook concisely presents extensive clinically relevant information It is divided into sections alphabetized table of contents health maintenance schedules algorithmic flowcharts for diagnosis and treatment and summaries for over 900 conditions Summaries comprise basics diagnosis treatment ongoing care including complications and patient education references readings codes and clinical pearls

**Clinical Guidelines for Advanced Practice Nursing** Karen G. Duderstadt, Rebekah Kaplan, 2016-03-17 Clinical Guidelines for Advanced Practice Nursing An Interdisciplinary Approach Third Edition is an accessible and practical reference designed to help nurses and students with daily clinical decision making Written in collaboration with certified nurse midwives clinical nurse specialists nurse practitioners nutritionists pharmacists and physicians it fosters a team approach to health care Divided into four areas Pediatrics Gynecology Obstetrics and Adult General Medicine and following a lifespan approach it utilizes the S O A P Subjective Objective Assessment Plan format Additionally the authors explore complex chronic disease management health promotion across the lifespan and professional and legal issues such as reimbursement billing and the legal scope of practice The Third Edition has a keen focus on gerontology to accommodate the AGNP specialty and to better assist the student or clinician in caring for the aging population The authors follow the across the life span approach and focus on common complete disorders Certain chapters have been revised and new chapters have been added which include Health Maintenance for Older Adults Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section Please note that the 2016 CDC Guidelines for prescribing opioids for chronic pain in the United States were not yet available at the time the authors were updating the Third Edition See the Instructor Resources tab to read a note from the authors about their recommendations for resources around these guidelines

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