

## Controlling your risk: Coumadin (warfarin) and herbal medicines

**More food and “drug” interactions** are reported with Coumadin than any other prescription medicine.

### Call your doctor if you...

- add or stop over-the-counter drugs, herbal remedies, or prescription medicines.
- add new foods or beverages.
- are drinking more than 2 alcoholic beverages a day.

If so, your doctor may want to change the amount of Coumadin you take or how often you need to have your blood work checked.

**Herbal medicines that decrease** the effect of Coumadin include ...

- Coenzyme Q<sub>10</sub>
- Ginseng
- Green tea

**Herbal medicines that possibly** increase the effect of Coumadin include...

- Danshen
- Devil’s claw
- Dong quai
- Papain
- Vitamin E

Source: Am J Health-Syst Pharm-Vol 57 Jul 1, 2000 | 1221-1227, Amy M Heck, Pharm.D.

**Herbal medicines that may increase** the effect of Coumadin include...

- Angelica root
- Arrica flower
- Bogbean
- Bromelain
- Celery
- Clove
- Feverfew
- Ginger
- Horse chestnut
- Lovage root
- Onion
- Passionflower herb
- Quassia
- Rue
- Turmeric
- Anise
- Asafoetida
- Borage seed oil
- Capsicum
- Camomile
- Fenugreek
- Garlic
- Gingko
- Licorice root
- Meadowsweet
- Parsley
- Poplar
- Red clover
- Sweet clover
- Willow bark

