Patient/Family Instructions: Your doctor has prescribed one or more of the following medications for you. While you are eating at University Hospital, our nursing, nutrition and pharmacy staff will help you to take your medicine and watch the foods in your diet that you may need to limit or avoid. When you are discharged and taking the medication(s) on this guide at home, you will need to follow the instructions provided.

**Coumadin (Warfarin Sodium)**
- Action of Drug: Helps to prevent blood clots
- Avoid
  - High doses of Vitamins A, C and E
  - Alcohol
  - Herbal Teas
- Keep your intake of Vitamin K consistent
- Do not increase or decrease the amount of foods high in Vitamin K you eat.

**Foods High in Vitamin K**
- Beef liver
- Mayonnaise
- Oils (canola, soybean, salad 7 or more Tablespoons)
- Greens (collard, mustard, turnip)
- Dairy products (milk, yogurt, cheese)
- Multivitamins
- Calcium, Iron, Magnesium and Zinc supplements
- Antacids (containing Aluminum, Calcium or Magnesium)
- Laxatives

Before losing weight, selecting a liquid nutrition supplement (like Ensure), or making drastic changes in your diet, contact your physician.

**Tetracycline (Sumycin)**
- Action of Drug: Used to kill bacteria and treat infections
- Take with 8 ounces of water 1 hour before meals or 2 hours after food/milk
- Wait 3 hours after Tetracycline before taking these foods or medicines:
  - Dairy products (milk, yogurt, cheese)
  - Multivitamins
  - Calcium, Iron, Magnesium and Zinc supplements
  - Antacids (containing Aluminum, Calcium or Magnesium)
  - Laxatives

Special care should be taken if you are considering taking a natural/herbal product with these medications. Talk with you pharmacist, physician, or dietitian before taking a natural/herbal product.

References:
www.coumadin.com
http://mywebmd.com/content/article/4046,1413
http://mywebmd.com/content/article/4046,1197