

Nutrition for the anticoagulated patient

Patients using anticoagulant drugs have a general recommendation: They should not drink herbal aromatic waters.

- ◆ Chamomile
- ◆ Ginger
- ◆ Calendula
- ◆ Valerian
- ◆ Among others

Homeopathic or natural products should not be consumed either:

- ◆ Ginseng
- ◆ Ginkgo biloba
- ◆ Herbal products



The aromatic waters of plants can affect the treatment. Some of them have properties that, when consumed, enhance the effect of the anticoagulant and lead to bleeding.

They can take aromatic fruits, green and black tea.

Those patients with direct or injectable anticoagulants have no dietary restrictions.

- ◆ Apixaban, Rivaroxaban, Dabigatran, Enoxaparin, Dalteparin and Fondaparinux.



However, patients medicated with Warfarin should consume a daily serving of foods rich in vitamin K, as this helps to maintain optimal drug levels.

Foods with vitamin k:

- ◆ Lettuce, broccoli, spinach, onion, pork loin, soy milk, tuna, trout, salmon, among others. They should be consumed daily.

Amount of vitamin K to be consumed: only one serving per day. Serving = 1 cup

IMPORTANT

- ◆ Avoid increased intake of foods with vitamin C (lemon, orange, guava).
- ◆ Excessive consumption of these foods may affect the target of the medication.

Avocado: It is a food very rich in vitamin K, for this reason you should only consume a quarter a day (half of the half).



If in doubt, consult the Anticoagulation Clinic
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