

Cuntada iyo Warfarin



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Diet and Warfarin

Your doctor has prescribed the medicine warfarin (brand names Coumadin and Jantoven) for you. It is an anticoagulant (blood thinner) that makes your blood clot more slowly to prevent dangerous problems, such as a stroke.

Your doctor can tell how well warfarin is working from a blood test, called international normalized ratio (INR). The test shows how quickly your blood clots.

There are some foods, including those rich in vitamin K, alcohol, some dietary and herbal supplements, as well as some medicines, that can affect the way warfarin works in your body.

Foods rich in vitamin K

To help warfarin work well, it is important to keep your vitamin K intake as consistent as possible.

- **A large increase in vitamin K** can lower your INR to cause dangerous clotting in your blood.
- **A large decrease in vitamin K** can raise your INR to make it harder for your blood to clot. This could cause you to bleed too much. You do not need to avoid or follow a diet low in vitamin K while taking warfarin.

Dhaqtarkaaga wuxuu kuu qoray daawada warfarin (magacyadaa summada Coumadin iyo Jantoven) adiga. Waa daawada xinjirowga la dagaalanto (dhiig adkeeyaha) ee u sameeyo xinjirta dhiigaaga si tartiib ah si looga hortaga dhibaatooyinka halista ah, sida istarooga.

Dhaqtarkaaga wuxuu sheegi karaa sida wanaagsan ee warfarin ugu shaqeynayo baaritaanka dhiiga, ee loo yaqaan saamiga caalamiga la caadiyeeyay (INR). Baaritaanka wuxuu muujinayaa sida degdega ee xinjirowga dhiigaaga u sameyso.

Waxaa jiro qaar ka mid ah cuntooyinka, oo ay ku jiraan kuwa ka buuxo fitamiin K, alkulada, qaar ka mid ah cuntada iyo dheeraadka dhirta, sidoo kale sida daawooyinka qaarkood, oo ay saameyn karto qaabka warfarin uga shaqeyso jirkaaga.

Cuntooyinka ka buuxo fitamiin K

Si ay kaaga caawiso inay warfarin si wanaagsan u shaqeyso, waa muhiim inaad joogteysid qaadashadaada fitamiinka K sida waafaqsan ee suurtoogalka ah.

- **Korodh weyn ee fitamiinka K** wuxuu yareyn karaa INR-kaaga si uu ugu sababo xinjirowga halista ah dhiigaaga.
- **Hoos u dhac weyn ee fitamiinka K** wuxuu kordhin karaa INR-kaaga si uu u adkeeyo in dhiigaaga xinjiroobo. Tani waxay kugu sababi kartaa inaad waxbadan dhiig baxdid. Uma baahnid inaad ka fogaatid ama raacdid cuntada ogolaato fitamiinka K iyada oo uu qaadanayo warfarin.

To keep your INR stable and within your recommended range:

- **Take warfarin exactly as your doctor directed.**
- **Have your INR checked regularly.** The test is done at least monthly.
- **Keep your vitamin K intake consistent week to week.** For example, you may plan to eat 1/2 cup of foods rich in vitamin K per day. If you like to eat these foods and eat them often, you can eat them, but be consistent.

Si loo joogteeyo xasiloonida INR iyo gudaha heerkaaga lagu taliyay:

- **U qaado warfarin sida saxda ah ee dhaqtarkaaga u tilmaamay.**
- **Si joogta ah haloo hubiyo INR-kaaga.** Baaritaanka waxaa loo sameeyaa ugu yaraan si bil-le ah.
- **Joogteey qaadashadaada fitamiinka K isbuuc ku isbuuc iswaafaqsan.** Tusaale ahaan, waxaad qorsheyn kartaa inaad cuntid 1/2 koob ee cuntooyinka ka buuxo fitamiinka K maalintiiba. Haddii aad jeceshahay inaad cuntid cuntooyinka oo aad inta badan cuntid, waad cuni

kartaa, laakin si iswaafaqsan.

Cuntooyinka Ku badan Fitamiin K Foods Rich in Vitamin K		
Cuntada Food	Tirada Cuntada Food Amount	Fitamiin K (mcg) Vitamin K (mcg)
Kabajka adag, la kariyay Kale, cooked	1/2 koob 1/2 cup	531
Baksarta, ceeriin ah Parsley, raw	1/2 koob 1/2 cup	492
Isbiinaaj, la kariyay Spinach, cooked	1/2 koob 1/2 cup	444
Cagaarka mastarka, la kariyay Mustard greens, cooked	1/2 koob 1/2 cup	415
Kabajka cagaarka, la kariyay Collards, cooked	1/2 koob 1/2 cup	387
Cagaarka Swiss, la kariyay Swiss chard, cooked	1/2 koob 1/2 cup	287
Cagaarka taabib, la kariyay Turnip greens, cooked	1/2 koob 1/2 cup	265
Cagaarka Swiss, ceeriin ah Swiss chard, raw	1/2 koob 1/2 cup	150
Wareega kabajka, la kariyay Brussels sprouts, cooked	1/2 koob 1/2 cup	150
Barookoli, la kariyay Broccoli, cooked	1/2 koob 1/2 cup	110
Kabajka, la kariyay Cabbage, cooked	1/2 koob 1/2 cup	82
Kabajka cagaarka, ceeriin Collards, raw	1/2 koob 1/2 cup	79



Cuntooyinka Ku badan Fitamiin K Foods Rich in Vitamin K		
Cuntada Food	Tirada Cuntada Food Amount	Fitamiin K (mcg) Vitamin K (mcg)
Wareega kabajka, ceeriin Brussels sprouts, raw	1/2 koob 1/2 cup	78
Isbiinaaj, ceeriin Spinach, raw	1/2 koob 1/2 cup	73
Cagaarka mastarka, ceeriin Mustard greens, raw	1/2 koob 1/2 cup	72
Cagaarka taanib, ceeriin Turnip greens, raw	1/2 koob 1/2 cup	69
Cagaarka Endive, ceeriin Endive, raw	1/2 koob 1/2 cup	58
Kabajka adag, ceerin ah Kale, raw	1/2 koob 1/2 cup	57
Barookoli, ciirin ah Broccoli, raw	1/2 koob 1/2 cup	45
Tuunaha, gasacadeysan oo saliid leh Tuna, canned in oil	3 waqiyadood 3 ounces	37
Kaabajka, ciirinka Cabbage, raw	1/2 koob 1/2 cup	34
Miraha bureenas, la dubay Prunes, stewed	1/2 koob 1/2 cup	33
Caleenta Romeyn, ceeriin ah Romaine lettuce, raw	1/2 koob 1/2 cup	29
Calaaneta cagaarka Green leaf lettuce	1/2 koob 1/2 cup	23
Digirta, la kariyay Peas, cooked	1/2 koob 1/2 cup	19
Afakaadho Avocado	1/2 koob 1/2 cup	16
Ulaha dhirta Asparagus	1/2 koob 1/2 cup	16
Miraha balaag beri, ceerin Blackberries, raw	1/2 koob 1/2 cup	15
Miraha baluu beri, ceerin Blueberries, raw	1/2 koob 1/2 cup	15



- Do not make any major changes in your intake of foods rich in vitamin K. For example, if you eat a spinach salad every day, do not stop eating it entirely.
- Discuss vitamin supplements with your doctor. Do not take more than 1 supplement that contains vitamin K.

If you greatly increase or decrease foods rich in Vitamin K in your diet, let your doctor know right away.

If your INR levels are hard to manage, meet with a dietitian to review the vitamin K content of your diet.

Cranberries

Moderate amounts of cranberry products are fine, such as one, 8-ounce glass of cranberry juice a day. **Avoid eating or drinking large amounts** of cranberries, cranberry juice, and cranberry supplements while taking warfarin.

Grapefruit

Do not eat grapefruit or drink grapefruit juice while taking warfarin.

Alcohol

Alcohol should be avoided. Talk to your doctor if you have questions.

- Haku sameynin wax isbedelo weyn ah qaadashadaada cuntooyinka ka buuxo fitamiinka K. Tusaale ahaan, haddii aad cuntid ansalaatada isbiinajka maalin walba, ha joojin cunista gabi ahaanba.
- Kala hadal dheeraadyada fitamiinka dhaqtarkaaga. Ha qadan wax ka badan 1 dheeraadka wato fitamiin K.

Haddii aad si weyn u kordhisid ama hoos ugu rido cuntooyinka ku jiro Fitamiin K cuntadaada, ha ogaado dhaqtarkaaga isla markaasba.

Haddii heerkaaga INR uu adagyahay in la maamulo, la kulan dhaqtarka cuntada si aad u eegtid tasmada fitamiinka K ee cuntadaada.

Miraha kareenbari

Tirooyinka dhexdhaxaadka ee waxyaabaha miraha kareenbariga way wanaagsanyihiin, sida hal galaas, 8-waqiyadood ee juuska miraha kareenbariga maalintii. **Ka fogow cunista ama cabida tirooyin badan** ee miraha kareenbariga, juuska kareenbariga, iyo dheeraadyada miraha kareenbariga adiga oo qaadanayo warfarin.

Miraha canabka

Ha cunin miraha canabka ama ha cabin juuska miraha canabka adiga oo qaadanayo warfarin.

Alkulada

Alkulada waa in laga fogaadaa. La hadal dhaqtarkaaga haddii aad qabtid wax su'aalo ah.

Dietary and herbal supplements

- Taking herbal supplements may cause problems and affect how your body uses warfarin. **Avoid these herbal supplements:**
 - Alfalfa
 - Arnica
 - Bilberry
 - Butchers broom
 - Cat's claw
 - Coenzyme Q10
 - Dong quai
 - Echinacea
 - Feverfew
 - Forskolin
 - Garlic
 - Ginger
 - Ginkgo biloba
 - Ginseng
 - Goldenseal
 - Horse chestnut
 - Inositol hexaphosphate
 - Licorice
 - Meililot (sweet clover)
 - Pau d'arco
 - Red clover
 - St. John's wort
 - Sweet woodruff
 - Turmeric
 - Willow bark
 - Wheat grass

Dheeraadyada cuntada iyo dhirta

- Qaashada dheeraadyada dhirta waxay ku sababi kartaa dhibaatooyin oo ay saameyn kartaa sida jirkaaga u isticmaalo warfarin. **Ka fogow dheeraadyadaan dhirta:**
 - Alfalfa
 - Arniika
 - Bilberi
 - Buuaas baroom
 - Kaats kalow
 - Ko'onsaaym Q10
 - Dhoon ku'aay
 - Ijinesiyaa
 - Fiifafiyuu
 - Fookiskoolin
 - Toon
 - Sanjabiil
 - Jingo bilooba
 - Jinseeng
 - Goldhen siil
 - Hoosjeesnaat
 - Insosiitol heksofoosfeet
 - Likoraays
 - Meeyliloot (dhirta macaan)
 - Baw dha'arke
 - Red kaloofa
 - St. Joonas woort
 - Iswwit wuudhraaf
 - Tumeerik
 - Wilo baak
 - Sareenta cowska

- Use of herbs in cooking, such as garlic and ginger, are safe to eat while you are on warfarin.
- Some vitamin and mineral supplements in large doses can affect your body's response to warfarin, such as taking more than 800 units of vitamin E a day.
- It is safe to take an adult multivitamin each day that contains vitamin K, but do not take other supplements that contain vitamin K, such as a Viactiv calcium supplement.
- **Always talk to your doctor before starting, taking, or changing any herbal supplements, herbal teas, or dietary supplements.**
- Ku isticmaal dhirta karinta, sida toonta iyo jinjaha, waa badbaado in la cuno adiga oo qaadanayo warfarin.
- Qaar ka mid ah dheeraadyada fitamiinada iyo macdanta oo garoojooyin weynah waxay saameyn kartaa ka falcelinta jirkaaga ee warfarin, sida qaadashada wax ka badan 800 qeybood ee fitamiinka E maalintii.
- Waa badbaado in la qaato fatamiinada kala duwan ee qofka weyn maalin walba ee wataa fitamiin K, laakin ha qaadan dheeraadyo kale ee wato fitamiinka K, sida dheeraadka cusbada Viactiv.
- **Marwalba la hadal dhaqtarkaaga ka hor inta aadan bilaabin, qaadan, ama aadan badelin dheeraadyada dhir walba, caleenta dhirta, ama dheeraadyada cuntada.**

Liquid nutritional supplements

Liquid nutritional drinks like Ensure, Boost, and Glucerna have a low amount of vitamin K added to 8-ounce bottles. If you drink several of these bottles each day, your vitamin K level may increase and require your warfarin dose to be changed.

If you use these nutritional drinks, tell your doctor that you are taking them since it may affect your warfarin dose.

Dheeraadyada nafaqada biyaha ah

Cabitaanada nafaqada biyaha sida Ensure, Boost, iyo Glucerna waxay leeyihiin tiro hooseyso ee fitamiin K ee lagu daray dhalooyinka 8-waqiyadood. Haddii aad cabtid dhoor cabitaano oo dhalooyinka ah maalin walba, heerkaaga fitamiin K wuu kordhi karaa oo wuxuu u baahanyahay in garoojadaada warfarin la badelo.

Haddii aad isticmaashid cabitaanada nafaqadaan, u sheeg dhaqtarkaaga inaad qaadanaysid iyaga tan iyo sida laga yaabo inay saameyso garoojadaada warfarin.

Medicines

Some medicines can affect how warfarin works. Ask your doctor or pharmacist before you start or stop any medicine, especially the following:

- Another anticoagulant (blood thinner) medicine
- Medicines to treat depression or anxiety
- Antibiotics
- NSAID pain or arthritis medicines - check labels of over the counter medicines to find out if they contain a NSAID
- Steroid medicine

Daawooyinka

Qaar ka mid ah daawooyinka waxay saameyn karaan sida warfarin u shaqeyso. Weydii dhaqtarkaaga ama farmashiistaha ka hor inta aadan bilaabin ama joojin wax daawo ah, gaar ahaan kuwa xiggo:

- Daawo kaloo dhiiga adkeyso (dhiig adkeeye)
- Daawooyinka lagu daaweeyo niyad jabka iyo walaaca
- Qalajiyaha
- Xanuunka NSAID ama daawooyinka xubnaha - fiiri summadaha daawooyinka dukaanka laga eeibsado si aad u ogaatid haddii ay wataan NSAID
- Daawada kiimikada

Diet and Warfarin. Somali.

Ia hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad ka qabto wax su'aalo ah daryeelkaaga.

Laybareeriga keydka xogta caafimaadka ayaa kuula diyaar ah inuu kaa caawiyo wixii kale oo xog caafimaad ah, ee (614)293-3707 ama e-mail: health-info@osu.edu.