

Cranberries are Safe to Consume with Warfarin (Coumadin®)



The U.S. Food and Drug Administration (FDA) approved an update to the patient Medication Guide for warfarin (Coumadin®) that excludes a warning to avoid cranberries and cranberry products based on the evidence that consumption of these foods with warfarin is safe. When it comes to managing the diet, the updated Medication Guide tells patients that:

Warfarin (Coumadin®) Medication Guide (2011):

Some foods and beverages can interact with warfarin (COUMADIN®) and affect your treatment and dose.

- *Eat a normal, balanced diet. Talk to your healthcare provider before you make any diet changes. Do not eat large amounts of leafy, green vegetables. Leafy, green vegetables contain vitamin K. Certain vegetable oils also contain large amounts of vitamin K. Too much vitamin K can lower the effect of COUMADIN®.*

Prior Medication Guide (2009):

Prior to the 2009 update, the Medication Guide included a warning statement about cranberry consumption. Since then, clinical studies have been conducted to investigate whether an interaction truly exists. Controlled, clinical pharmacokinetic, and pharmacodynamic studies show that there is no clinically relevant interaction between cranberry juice and either warfarin metabolism or INR in subjects on warfarin.

Some foods can interact with COUMADIN® and affect your treatment and dose.

- *Eat a normal, balanced diet. Talk to your doctor before you make any diet changes. Do not eat large amounts of leafy green vegetables. Leafy green vegetables contain vitamin K. Certain vegetable oils also contain large amounts of vitamin K. Too much vitamin K can lower the effect of COUMADIN®.*
- *Avoid drinking cranberry juice or eating cranberry products.*
- *Avoid drinking alcohol.*

For more information on current and emerging cranberry research, visit www.Cranberryinstitute.org.

To learn more about warfarin (Coumadin®) visit the FDA's site:

<http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm?fuseaction=Search DrugDetails>. You can also find information about warfarin by visiting www.PTINR.com. The PTINR.com® website, developed by Alere™ Anticoagulation Solutions, is dedicated to informing people on warfarin how to live healthier, safer lives.

REFERENCES

Food and Drug Administration. Drugs. Medication Guides. Last accessed September 18, 2012: <http://www.fda.gov/Drugs/DrugSafety/ucm085729.htm>.

Bristol-Myers Squibb Company (2009). *Medication Guide for Coumadin Tablets and Coumadin for Injection* [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.

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