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## Warfarin and Cranberries

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### Cranberries to Prevent UTIs? Not so fast!

Although many people believe that cranberry juice or supplements prevent urinary tract infections (UTIs), this claim has never been supported by evidence-based studies. In fact, studies have consistently shown that taking cranberry supplements or drinking cranberry juice (approximately 2.5 cups a day) does not prevent UTIs.

### Interaction with Warfarin

Warfarin can interact with many foods and drinks. Warfarin also increases the time it takes for your blood to form a clot. This process is called anticoagulation. Cranberry products increase the anticoagulant effects of warfarin, which may put you at risk for severe bleeding. Cranberries can cause your INR to increase as well, which indicates that you are at a higher risk of bleeding.

Because cranberry supplements are not regulated by the U.S. Food and Drug Administration (FDA), it is not known how much cranberry concentrate is in each product. This means it can be very hard to predict the effect cranberry supplements will have on a person taking warfarin.

### Cranberries and Your Diet

It is important to keep your diet consistent. Keep your serving sizes the same and eat the same number of servings each week.

- Avoid cranberry products if you don't consistently consume them
- Use no more than 1 teaspoon of cranberry sauce during the holidays
- Do not take cranberry supplements while on warfarin

### Ways to Prevent UTIs

- Drink plenty of fluids, especially water, to help flush bacteria from your urinary tract
- Wipe from front to back after urinating or after a bowel movement
- Empty your bladder soon after intercourse
- Avoid deodorant sprays or other potentially irritating feminine products in the genital area
- If you have more than two UTIs a year, talk to your doctor about starting preventive antibiotics—and be sure to let the Coumadin Clinic know!

At the Coumadin Clinic, we strive to provide you with excellent care and high-quality service. If you have any questions about the information on this sheet, please call us at **(864) 522-3340**.