

Your INR Values

Warfarin (brand name Coumadin®) is an anticoagulation medication and is used to prevent blood clots from forming or growing larger in your blood vessels. It is often referred to the misnomer “blood thinner”, because anticoagulants such as warfarin help decrease the clotting ability of the blood and prevent new clots from forming.

This medication needs to be monitored frequently by measuring your blood’s clotting time. This measurement is called an INR or International Normalized Ratio. It’s important to keep your INR in a safe range and understand what might make your blood clotting time increase or decrease.

How Warfarin Affects Your INR

It is important to take your warfarin medication exactly as directed. Missing a dose of warfarin may cause your INR to drop. According to the prescription insert, if you forget a dose, take it as soon as possible on the same day.¹ A pillbox might help you remember to take your medication everyday as prescribed. If you take more warfarin than prescribed, it could result in a potentially dangerous bleeding event. If you take the wrong dose by mistake, it is important to contact your physician immediately for proper instruction.¹

How Diet Affects Your INR

Certain foods and beverages can affect your INR if they contain too much vitamin K because vitamin K works against the action of warfarin and lowers the INR result.¹ Most dark-green leafy vegetables contain high levels of vitamin K. Some less recognized sources, such as salad dressings, mayonnaise products, teas, oils, and products made with certain oils may also have higher levels of vitamin K. If your INR results fluctuate outside of your target range it may be from inconsistent vitamin K intake in your diet.

Always discuss your diet with your doctor. Being consistent with your intake and eating high vitamin K foods in moderation is very important in keeping your INR stable.

How Over-The-Counter Products Affect Your INR

Non-prescription or over-the-counter medications can also interact with warfarin and result in an increased or decreased INR test result. Common products include aspirin, cough and cold medications, and pain relief creams. Make a list of all over-the-counter medications you frequently use, and share it with your physician.

For more information on INR levels, visit **www.PTINR.com** or call **1-877-262-4669**



WellLife: A guide for living on warfarin
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1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.