

## INR Fluctuations – How stable is your INR?

### In search of a stable INR

If you take warfarin your goal is to keep all your INR test results within your target range. This is easier said than done. Understanding what influences your INR is part of the solution to maintaining a stable INR.

### Why is my INR high?

An increase in your INR result may be caused, in part by any of the following:

- Prescription drugs
- Over-the counter products
- Congestive heart failure
- Poor nutrition
- Vitamin K deficiency
- Fever
- Liver disorders
- Holistic, natural, botanical products
- Dietary supplements
- Hyperthyroidism
- Prolonged hot weather
- Taking more warfarin than directed<sup>1</sup>

An increased INR may put you at risk for prolonged bleeding.<sup>1</sup>

### Why is my INR low?

A decrease in your INR test may be

caused, in part by any of the following:

- Edema (swelling)
- Hyperlipidemia
- Hypothyroidism
- Prescription drugs
- Over-the-counter products
- Diet high in vitamin K
- Holistic, natural, botanical products
- Dietary supplements
- Oral contraceptives
- Vitamin C in high doses
- Forgetting to take a dose<sup>1</sup>

An INR below your target range increases your risk for a blood clot.<sup>1</sup>

Other factors that increase or decrease your INR include changes in your metabolism and alcohol intake.<sup>1</sup> There are usually no symptoms for a high or low INR level. Only by having an INR test will you and your doctor know your results. Then your doctor can adjust your warfarin dose if needed.

**Being consistent in your choices is your best strategy for maintaining a stable INR.<sup>1</sup>**

For more information on keeping your INR stable, visit [www.PTINR.com](http://www.PTINR.com) or call **1-877-262-4669**



WellLife: A guide for living on warfarin is brought to you by Alere™ Home Monitoring

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