

Your INR is Low

Warfarin monitoring, with a simple blood test, is essential to ensure that you are taking the correct dose of warfarin (Coumadin®). You may be at increased risk for blood clots if your blood test result, which is expressed as an INR (International Normalized Ratio value, is lower than your target range.¹ If your most recent test result(s) indicates that your INR value falls below your target range, you should consider the following reasons for a low INR.

Your Warfarin Dose

It is important to take warfarin exactly as directed. Missing a dose of warfarin causes INR values to drop. If you forget a dose, take it as soon as possible on the same day.¹ A pillbox might help you remember to take warfarin every day as prescribed. You should receive specific instructions from your healthcare provider regarding missed doses.

Diet

Certain foods and beverages can influence your INR result. A lower than expected INR result may be caused by the influence of vitamin K in your food or drink. Vitamin K is not often listed on package labels, making it difficult to track vitamin K consumption. Vitamin K reverses the effect of warfarin

and lowers the INR value.¹ Foods that are very high in vitamin K should be consumed only in moderation and with the approval of your healthcare professional. Dark green, leafy vegetables often contain high levels of vitamin K, as do some less recognized sources, such as salad dressings, mayonnaise products, teas, oils, and products made with certain oils. To help make it easier to identify the amount of vitamin K in many foods, Alere has created the **Vitamin K Finder** on www.PTINR.com. You can find the vitamin K content in over 1,000 different foods!

Dietary Supplements

Caution should be exercised when dietary supplements are taken with warfarin. Some dietary supplements (also called botanicals, herbal supplements, or natural medicines) contain ingredients that can decrease or increase an INR result.¹ You should inform your healthcare provider of all dietary supplements and over the counter medications you are currently taking.

An INR result lower than your target range indicates insufficient “blood thinning”. Your doctor will instruct you on how to return to a safe, therapeutic level.

For more information about living healthy, visit 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.