

Your INR is High

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

Your Warfarin Dose

Taking more warfarin than prescribed is dangerous and can result in a potentially life-threatening bleeding event. You should closely follow all prescribing information. If the wrong dose is taken by mistake, it is important to contact your doctor immediately for proper instruction.¹

Prescription Medication

Many warfarin patients take additional prescription drugs for a variety of medical conditions. Drug interactions are unwanted side effects that can occur when two or more medications are taken together. Interactions between warfarin and other prescription drugs are common. Such an interaction could result in an INR result above target range.² It is important to

maintain a current list of all prescription drugs you take.

Over-the-counter Medications

Non-prescription medicines can also interact with warfarin and result in an increased INR result. Common products that can raise an INR value include aspirin, cough and cold medications, and pain relief creams. Make a list of over-the-counter medications you commonly use and share it with your doctor.¹

Dietary Supplements

Caution should be exercised when dietary supplements are taken with warfarin. An increase (or decrease) in INR values is possible when taking dietary supplements. You should discuss starting, continuing, or stopping the use of any dietary supplements with your doctor.¹

Health Issues

If you have suffered from a cold, flu, fever, or stress, you may also experience an increase in your INR values. Discuss any of these events with your doctor.¹

A high INR result indicates an excessive level of “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.
2. Silverman H. (2004). The Pill Book. Bantam Books.