

Live safely with warfarin and keep your INR in the target range

Use this form to keep track of your INR results and daily dose.

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<p>Carers, family and all your health professionals (eg. pharmacist, dentist, surgeon) need to know that you are taking warfarin.</p>	<p>Have you taken your warfarin at the usual time today?</p> <p>Stick with the same brand and don't take double if you miss a dose.</p>	<p>Eat the same amount of foods rich in vitamin K (eg. broccoli, spinach) each week to help keep your INR stable.</p>	<p>Check with a health professional before you start or stop any new medicine (prescription, over-the-counter, vitamins and complementary).</p>	<p>Know that some foods, alcohol, illness, medicines and travel can affect your INR.</p> <p>Have INR blood tests as often as advised, and don't skip appointments.</p>

Seek medical advice if you experience any signs of bleeding or unusual symptoms. Talk to your health professional if you have any questions about taking warfarin.

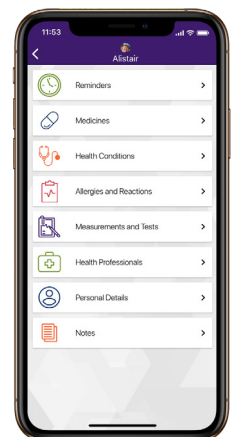
Call the NPS Medicines Line on **1300 MEDICINE (1300 633 424)** Monday–Friday 9am–5pm (AEST) for more information about your medicines.

Learn more about how to take warfarin safely and correctly at www.nps.org.au/consumers/warfarin



Keep track of your medicines and important health information using the MedicineWise app.

Visit NPS MedicineWise at www.nps.org.au/medicinewiseapp for more information, or download the app on your smartphone today.



INR stands for international normalised ratio – it is a way of measuring how long it takes blood to form a clot.

