

Warfarin dose tracker

Warfarin is a medicine that helps prevent harmful blood clots. To make sure warfarin is working safely and effectively, you will need regular blood tests called International Normalised Ratio (INR) tests.

When you take warfarin, it is important to keep your INR within your target range. If your INR is below your target range, you may be at increased risk of developing harmful blood clots. If your INR is above your target range, you may be at increased risk of bleeding.

Your healthcare team will tell you your target INR range. Your INR result helps them decide whether your warfarin dose should stay the same or be adjusted.

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Carers, family and all your health professionals (e.g. pharmacist, dentist, doctor) need to know that you are taking warfarin. A medicines list can be a useful way to keep all the information about your medicines together.	Have you taken your warfarin at the usual time today? The different brands of warfarin are not interchangeable. Stick with the same brand of warfarin you are started on and never take a double dose the next day to make up for missed doses.	Eat the same amount of foods rich in vitamin K (e.g. green leafy vegetables such as kale, broccoli, spinach) each week to help keep your INR stable.	Check with a health professional before you start or stop any new medicine (including prescription, over-the-counter, vitamins and complementary medicines). There is a risk that starting or stopping a new medicine will interact with warfarin and affect your INR.	Know that some foods, alcohol, illness, medicines and travel can affect your INR. Have INR blood tests as often as advised, and don't skip appointments.
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.				

For more information visit www.safetyandquality.gov.au or refer to the [Consumer Medicines Information \(CMI\)](#) to learn more about your medicines.

My name:

My brand of warfarin is:

My target INR is:.....

Date warfarin started:

Use this card to track you INR test and results, as well as your daily warfarin dose. You can fill in the card electronically by typing into the form, or by printing this card out and filling it in by hand.

Bring your updated tracker to your appointments and INR tests to support discussions about your treatment.