



Situational Safety: Your INR is high

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 bleeding if your blood test result, which is expressed as an international normalized ratio (INR), is higher than your target range.¹ If your most recent test result(s) indicates that your INR value is above your target range, you should consider the following reasons for high INR.

Compliance error

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

Prescription drugs

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 test 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 increased INR test results. Common products that raise INR values 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 healthcare provider.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. Patients should openly discuss starting, continuing, or stopping the use of any dietary supplements with a healthcare professional.¹

Health issues

Patients who have suffered cold, flu, fever, or stress may also experience an increase in their INR test results. Discuss any of these events with a member of your healthcare team.¹

A high INR test result indicates an excessive level of “blood thinning”. Your healthcare professional will help you carefully return warfarin to a safe, therapeutic level.

Visit: www.PTINR.com

1 Bristol-Myers Squibb Company. (2007). Coumadin [Package Insert]. Princeton, NJ: Bristol-Myers Squibb Company.
2 Silverman H. (2004). *The Pill Book*. Bantam Books.

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