

My name: _____

My brand of warfarin is: _____

My target INR is: _____

Date warfarin started: _____

Emergency contact (name and number): _____

Date of INR test	INR result	Warfarin dose							Next INR test
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	

**Use this card to record the date of your INR test and your INR result.
As a reminder, write down the dose you need to take each day of the week.**

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.

C Carers, family and all your health professionals (e.g. pharmacist, dentist, surgeon) need to know you are taking warfarin.

H Have you taken your warfarin at the usual time today? Stick with the same brand and don't take double if you miss a dose.

E Eat the same amount of foods rich in vitamin K (e.g. broccoli, spinach) each week to help keep your INR stable.

C Check with a health professional before you start or top any new medicine (prescription, over-the-counter, vitamins and complementary).

K 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.

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

WARFARIN DOSE TRACKER



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

Order or download more copies of this card at www.nps.org.au/warfarin-dose-tracker or phone NPS on (02) 8217 8700.



Want to learn more about living with warfarin? Visit NPS MedicineWise at: www.nps.org.au/warfarin or scan the QR code

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