My warfarin and INR diary

Health Navigator NEW ZEALAND

Name: _____ My doctor's details: _____

I am taking warfarin for _____ My target INR range is _____ to _____

Take the prescribed dose of warfarin with a glass of water, at the same time each evening. Use the diary below to record the date and dose taken.

Date	INR test result	Warfarin dose	Date of next blood test	Notes or questions

Herbal remedies, supplements, vitamins, medicines you buy yourself from a pharmacy or supermarket, or rongoā therapies can interact with warfarin. Tell your doctor or pharmacist if you are taking them.

Tell all healthcare providers that you are taking warfarin (eg, your doctor, dentist or pharmacist). You may need to stop warfarin before an operation, dental care and some tests.

If you have missed a dose, take the missed dose if you remember on the same day. If it's the next day, skip the missed dose and carry on as usual. Do not take two doses on the same day. Record the missed dose in your diary and tell your doctor on your next visit.

Warfarin increases your risk of bleeding. If you have any signs of bleeding, contact your doctor immediately or phone **Healthline 0800 611 116** for free 24-hour health advice.