



How is Coumadin® (warfarin) monitored?

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What is an INR?



The International Normalized Ratio (INR) is a blood test used to monitor your body's response to **Coumadin® (warfarin)**. The INR tells us how quickly your blood clots.

Your Target (Therapeutic) Range

- * Your anticoagulation provider will determine a therapeutic(target) range for your INR.
- * Before taking **Coumadin® (warfarin)**, most people have an INR of 1.0.
- * Most people on warfarin have a target range from 2.0 to 3.0, but yours may be higher or lower depending on why you are on warfarin.
- * If your INR is out of your target range(therapeutic range), you may be at risk for bleeding(INR too high) or clotting (INR too low).

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How often should I get my INR checked??



- When you first begin taking **Coumadin® (warfarin)**, you may need to get your blood tested 1-2 times a week.
- As your INR results become more consistent and your dose becomes more stable over time, the frequency of blood tests may be decreased to just once a month or longer.
- Changes in health, medications, or diet may require you to have more frequent INR checks.

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Why is it important to get my INR checked as directed?

- ❖ **Coumadin®(warfarin)** can be a dangerous medication if not used appropriately.
- ❖ The INR test helps the Anticoagulation Service determine if you are taking the correct dose of warfarin to stay in your target range
- ❖ Getting regular INR checks minimizes your risk of bleeding or clotting while taking **Coumadin®(warfarin)**.



Notify your anticoagulation provider:

- If you miss your INR or are unable to keep your blood draw appointment, call to reschedule as soon as possible.
- If you have changes in bruising, nose bleeding, or gum bleeding, you may need an INR sooner than your scheduled appointment.

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