

# Blood Thinner Self-Management Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The name of my blood thinner is (Generic and brand name): \_\_\_\_\_

I take my blood thinner because: \_\_\_\_\_

Name and phone number of physician: \_\_\_\_\_

Name and phone number of pharmacy: \_\_\_\_\_

Name and phone number of home care agency (if applicable): \_\_\_\_\_

If you take Warfarin or Coumadin, please answer the questions below about your blood test (internal normalized ratio [INR]) to check the response of your blood thinner medication. Your INR tests your blood's ability to clot.

My target INR: \_\_\_\_\_ My next INR is due: \_\_\_\_\_

My most recent INR: \_\_\_\_\_ Who is drawing my next INR: \_\_\_\_\_

Date					
INR Result					

Date					
INR Result					

**Note that other medicines can change the way your blood thinner works.** Your blood thinner can also change how other medicines work. It is very important to talk with your doctor about all the medicines you take, including other prescription medicines, over-the-counter medicines, vitamins, and herbal products.

The following is a list of some common medicines that you should talk to your doctor or pharmacist about before using:

- **Pain relievers**, such as aspirin, ibuprofen (Advil, Midol, Motrin, Nuprin, Pamprin HB), naproxen (Aleve, Excedrin)
- **Cold medicines**, such as Sine-Off and Alka-Seltzer
- **Stomach remedies**, such as cimetidine (Tagamet HB), bismuth subsalicylate (Pepto Bismol), laxatives, and stool softeners
- **Herbal products**, such as garlic, ginkgo biloba, and green tea

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This material was originally prepared by Atom Alliance and IPRO and adapted by Health Services Advisory Group (HSAG), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. QN-12SOW-XC-02202024-03



# Blood Thinner Safety Zones

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: All Clear Zone. *This is the safety zone if:*

- ✓ No swelling
- ✓ No increase in shortness of breath
- ✓ No chest pain
- ✓ No active signs of bruising or bleeding
- ✓ Taking medication every day at the same time
- ✓ Rotating injection sites; at least 4 inches from navel

### Green Zone means:

- ✓ Your symptoms are under control
- ✓ Continue taking your medications as ordered
- ✓ Keep your diet consistent, *if you are on Warfarin*
- ✓ Keep all medical appointments
- ✓ Refill any medications as needed



### If taking warfarin:

- ✓ You get your international normalized ratio (INR) blood test regularly
- ✓ Your diet has not changed in regard to foods high in vitamin K (green, leafy vegetables)

## Yellow Zone: Caution. *Call your physician:*

### If you experience any of these:

- ✓ Black or tarry stools
- ✓ Vomit that looks like coffee grounds
- ✓ Bleeding at a surgical site
- ✓ Bleeding gums
- ✓ Bruises for no reason
- ✓ Blood in urine
- ✓ You are ordered a new medication or begin taking an over-the-counter medication
- ✓ Scheduled procedure, surgery, or major dental work
- ✓ Pregnant or plan to become pregnant
- ✓ Trouble affording your blood thinner or your insurance won't cover it
- ✓ Trouble getting your blood thinner from the pharmacy
- ✓ Miss doses or go without taking your blood thinner

### Yellow Zone means:

- ✓ Your symptoms indicate you may need an adjustment in your medications
- ✓ The physician or pharmacists may adjust your blood thinner if you are prescribed any other new medications
- ✓ Call your nurse or physician to evaluate your symptoms
- ✓ These changes or symptoms may put you at risk of bleeding or clotting

### If taking warfarin:

- ✓ You don't get your INR test regularly and your results are out of range



## Red Zone: Medical Alert Zone. *Take Action. Call 9-1-1 or go to the hospital.*

### This is the danger zone if you have:

- ✓ Uncontrolled bleeding that you cannot stop in 5 minutes when pressure is applied
- ✓ Frothy or pink sputum (spit)
- ✓ Bright red blood in your urine or stool

- ✓ Severe stomach or back pain, headache, dizziness, fainting or body weakness that will not stop
- ✓ Had a major accident, serious fall, or hit your head (even if you don't look hurt)

