# 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 _____

| Date | INR test result | Warfarin dose | Date of next blood test | Notes or questions |
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Herbal remedies, supplements, vitamins, medicines you buy yourself from a pharmacy or supermarket, or rongoā therapies can interact with warfarin, so it's important to let your doctor or pharmacist know if you are using them.

Make sure you tell any health professionals who are treating you (such as your dentist, pharmacist, podiatrist, nurse) that you are taking warfarin.

If you are travelling overseas, talk to your doctor about how to manage your warfarin and INR testing. Take enough warfarin with you so you don't run out while you are away.

There is a lot to remember about warfarin. Ask your pharmacist or doctor if there is anything you are unsure of.

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.