

Zone Tool: Blood Thinner

The name of my blood thinner* is: _____

I take my blood thinner because: _____

My target INR** : _____ My weight: _____

Name of your nurse: _____ Nurse's Phone: _____

Name of your physician: _____ Physician's Phone: _____

Check your "zone" often to stay healthy and safe.

**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 with your doctor or pharmacist about before using: pain relievers, such as: aspirin, ibuprofen (Advil, Midol, Motrin, Nuprin, Pamprin HB), naproxen (Aleve) and Excedrin; cold medicines, such as Sine-Off and Alka-Seltzer; stomach remedies, such as cimetidine (Tagamet HB), bismuth Subsalicylate (Pepto Bismol) and laxatives and stool softeners; herbal products, such as garlic, ginkgo biloba and green tea. **Internal Normalized Ratio (INR)*



Green Zone: Great Control

GREEN ZONE means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue with daily weights
- Keep your diet consistent
- Keep all physician appointments
- Refill any medications as needed
- No swelling
- No increase in shortness of breath
- No chest pain
- No active signs of bruising or bleeding
- Taking medications every day at the same time
- Rotating injection sites; at least four inches from navel
- If taking warfarin, get your INR blood test regularly and results are fine
- Your diet has not changed in regards to foods high in vitamin K (such as green, leafy vegetables)



Yellow Zone: Caution, call your physician!

YELLOW ZONE means:

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

Call your physician if you experience any of the following:

- Black or tarry stools
- Vomit that looks like coffee grounds
- Bleeding at a surgical site
- Bleeding gums
- Bruises for no reason
- Blood in urine
- Weight gain of more than three pounds in a day or five pounds in a week
- You are ordered a new medication or begin taking an over-the-counter medication
- Scheduled medical procedure, surgery or major dental work
- Pregnant or plan to become pregnant
- Trouble getting your blood thinner from the pharmacy
- Miss doses or sometimes go without taking your blood thinner.



Red Zone: Take Action!

RED ZONE means:

- Call 911 or go to the Emergency Room to seek medical attention!

- Uncontrolled bleeding that you cannot stop in five 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)

This material was originally prepared by TMF Health Quality Institute, and was revised by Qsource, the Quality Innovation Network-Quality Improvement Organization (QIN-QIO), for Indiana under a contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Content presented does not necessarily reflect CMS policy. 20.QIQ.08.031

www.Qsource.org