



A Guide to Warfarin

QML Pathology Warfarin Patients

Ref no.



QML Pathology.

Specialists in Private Pathology since the 1920s

Warfarin Medication

Two Different Types of Warfarin Tablets

Marevan



Coumadin



IMPORTANT INFORMATION:

- Be aware that being on warfarin only reduces your risk of another event or clot - it never eliminates this risk, even when the INR is within your range.
- Be aware that warfarin is a dangerous drug if taken incorrectly and you can be at risk of haemorrhage if you have a weak bleeding point in your body, even when the INR is within the desired range.

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About QML Pathology's Warfarin Support Service

When you are put on Warfarin, medical practitioners will often request that QML Pathology assist in controlling your ongoing dosage requirements.

Currently QML Pathology cares for over 18,000 patients from as far north as Port Douglas, to Mt Isa in the west and Ballina in northern New South Wales. Approximately 1,600 patients are tested and dosed every day.

The Warfarin Care Clinic is not funded by Medicare or any other funding source, and in order for QML Pathology to continue to provide this service, new and re-enrolling patients will receive an account for each of their first five INR tests. These initial charges will contribute towards the Medicare Safety Net. Nursing institution residents are exempt from the initial registration fees. These fees will also apply should you be reintroduced to the service after an absence of more than three months.

The **Warfarin Care Clinic** is open six days a week:

Monday to Friday 7.00am – 8.00pm
Saturday 7.00am – 5.00pm.

The phone number is **1300 661 963** and is the cost of a local call from anywhere in Australia. You can also email us on warfarincare@qml.com.au.

IMPORTANT INFORMATION:

- Be aware that being on warfarin only reduces your risk of another event or clot - it never eliminates this risk, even when the INR is within your range.
- Be aware that warfarin is a dangerous drug if taken incorrectly and you can be at risk of haemorrhage if you have a weak bleeding point in your body, even when the INR is within the desired range.

What is Warfarin?

Warfarin is a medication used to treat or prevent blood clots (Thrombosis). It minimises the risk of existing clots travelling to the body's vital organs, such as the lungs, brain or heart (emboli).

Warfarin has an 'anticoagulant' effect on blood, meaning it decreases the blood's clotting ability. This essentially means it thins the blood out to help prevent thrombosis. The object of this treatment is only to slow down the clotting process; if the blood was prevented from clotting altogether this would cause bleeding.

How does it Work

Warfarin works by stopping the blood clotting factors from functioning. It does this by blocking the action of Vitamin K, which the body uses as a final step in creating your clotting factors (which are made in the liver). You get Vitamin K from your diet and the net effect of warfarin in your body is a balance between the amount of Vitamin K and warfarin in your system.

Once started warfarin's effect takes several days to be seen and some days to wear off once you stop it. This is because the warfarin-affected clotting factors need to work their way in and out of your body, which does not happen as quickly as warfarin itself washes out of your blood stream.

Reasons for Warfarin Treatment

Patients using warfarin may do so for any of the following conditions:

- Deep Vein Thrombosis (DVT)
- Pulmonary Embolism (PE)
- Heart conditions: Atrial Fibrillation (AF), valve replacements (these can be metallic/mechanical or tissue)
- Stroke (CVA)
- Other blood clotting conditions.

Duration of Warfarin Treatment

- Up to 6 months: Simple DVT/PE, valve replacement (tissue), AF (if temporary).
- Up to 24 months: Major DVT/PE.
- Lifelong: AF; Mechanical heart valve; recurrent or life-threatening clots.

If not lifelong, you will be asked to see your doctor when your warfarin duration is due for review. *If any doctor ceases your warfarin permanently, please contact us so we can close your file. We will also require the date you have ceased and the name of the doctor who has asked you to cease your warfarin.*

About Warfarin Products

There are two brands of warfarin:

- COUMADIN
- MAREVAN.

DO NOT swap from one brand to the other.

DO NOT combine these brands. (This may affect the blood test result).

Dindevan is another brand of blood thinner only used in those who are allergic to warfarin. It is taken twice daily (unlike warfarin which is taken once a day), otherwise follow instructions as for warfarin.

When Storing Warfarin

- Keep tablets dry.
- Keep in a cool dry place where the temperature stays below 30°C.
- Do not leave the tablets in the car or on a window sill on a hot day.
- **Keep out of reach of children.**

How to Take Your Warfarin Dose

- Tablets should be taken at the same time every evening (usually between 5.00pm – 8.00pm).
- Warfarin can be taken before, during or after a meal.
- A morning dose is acceptable if more convenient.

Side Effects

Side effects from warfarin are quite uncommon, with the most common and the most significant being bleeding. Uncommon side effects are hair loss, skin rash, headache, nausea, vomiting and diarrhoea. If you develop any side effects, consult your doctor. You should also mention any side effects to the Warfarin Care Clinic staff at QML Pathology. We may be able to assist you. Any information about these symptoms and any treatment being taken for them will be needed by our dosing doctors to ensure your management is safe and appropriate.

Missed Dose

- If you remember within six hours then take the dose. If you are unsure or remember after this time, then take your normal dose the next day. **Do not take a double dose** in order to make up the missed dose.
- If you miss one or more doses **within a week of your blood test** (INR), please ensure you note this on the form so we can adjust your dose accordingly.
- If you miss one dose **more than a week before** your blood test, it will not reflect in your blood test, and you need not mention it. If you have missed more than one dose, you should mention this.

Dose Reminders

Here are some helpful hints that might assist you in remembering to take your warfarin:

- Put a reminder note in a prominent place, e.g., fridge, bathroom mirror etc.
- Use a dosette box placed where you will see it. Refill this with the latest dose after each phone call, and this will help you remember the dose
- Keep a supply of tablets at work so you can take them at work if you forget before you leave (if you do this, rotate the bottles with those at home so expiry is not an issue)
- Use an alarm set for your usual time
- Set a reminder on your work calendar – this is good for your next test date too.

Blood Testing

An International Normalised Ratio (INR) is conducted on the blood of patients taking warfarin to measure the amount of anticoagulant (i.e., warfarin) effect in your blood. It is like a warfarin level, and is used to adjust the warfarin dose. The higher the INR, the thinner the blood, and the less warfarin you need. Each patient has a **TARGET INR RANGE** that is determined by why you are taking warfarin and other health factors. It is a range rather than a single figure because INRs tend to fluctuate and a range allows us (and you) more flexibility. This flexibility will give you a longer break between blood tests.

Some typical INR ranges:

- 2 - 3 DVT/PE/AF
- 2.5 - 3.5 Mechanical valves/recurrent clots
- An INR > 4.5 means your blood is too thin
- An INR < 1.5 means your blood is too thick.

Testing Times

Initially your blood test will be performed every 2 - 3 days until the INR comes into range. Once in range, tests will be done weekly, and then if the INR stays in range, the time between tests will be gradually increased to a maximum of 8-12 weeks.

We would request that you attend a QML Pathology collection centre on the morning of the test day. At QML Pathology, we have a large volume of patients attending our collection centres first thing in the morning, so if you are able to attend the collection centre mid-morning you are likely to have a shorter waiting time.

REMINDERS when you miss your test date

We do understand that you can forget to test from time to time; however, we would ask that you do test on the correct date where possible. If you do forget to test we may phone you, or you may receive a friendly reminder letter in the mail. A copy will also be sent to your referring doctor. Do go for your test immediately upon receipt of the reminder letter or notify us of any problem if you are unable to test.

If you do fail to test a second letter will be sent advising you that your warfarin monitoring may be ceased and returned to the care of your doctor if no response is received by us. Your referring doctor will also be contacted following this letter. Again, please remember to contact us if there is any problem that prevents you from having your INR test.

Medication Changes

Some medications can increase the effect of warfarin while others may decrease it. **QML Pathology must be advised of any medication changes** that will last more than three days. You must do this to ensure that the next test date is reviewed in line with the medication changes.

Receiving Your Results

NOTE: It is important that your contact details, phone numbers and postal address are up to date and current at all times. Mobiles should be switched on and/or other phones should have a suitable answering service if you are unable to attend to these.

If you test after 12.00pm, it is unlikely that you will receive results that day. We recommend attending a collection centre between 9.00am – 12.00pm. QML Pathology may telephone you or you may receive your results by mail.

If you are a **NEW patient**, QML Pathology will endeavour to phone you on the same day your blood test is performed. If we have not contacted you within 24 hours of your test, please call us to confirm your INR and Warfarin dose.

All other phoning will be done in order of priority. If you are an **ESTABLISHED** patient and your INR is **abnormal**, you will be contacted as a matter of urgency by our staff. If you have had any recent changes to your health, to other medications, or have recently been in hospital then you should contact us within **24-48 hours** of your test if we do not call you first.

If your INR result and warfarin doses have been stable, i.e., you have remained on the same dose, and you have NOT had any recent health or medication changes, then you may receive your results in the post. If you do not receive your results **within 4 days** of your test, then you should contact us on 1300 661 963 to confirm your INR and Warfarin doses.

Once your INR is stable, you may prefer to receive your result via an SMS to your mobile phone, please see page 18 for more information.

If at any time you have serious bleeding you must seek medical advice as soon as possible through your doctor or hospital. Please notify us of such incidents and any resultant treatment.

What Affects the INR?

A number of metabolic and lifestyle factors can affect your response to warfarin. If your INR control is unstable, please consider the following points:

- Are you taking the correct brand?
- Check brand.
- Check expiry date.
- Have you missed any tablets?
- Is the dose correct? If in doubt, check your calculations with our staff.
- Are you taking any medications; common culprits are antibiotics, herbal or vitamin supplements, diet aids, pain relievers or rubs?
- Has your general health changed, e.g., diarrhoea, loss of appetite, heart failure etc.?
- Have you had any gastrointestinal upsets?
- Have you changed your normal alcohol consumption?
- Have you developed a fever?
- Have you had a notable weight change?
- Has your diet changed significantly since the last test?

Guidelines for INR Control

Your INR is a balance between the amount of Vitamin K and warfarin, and is also affected by the metabolism of warfarin. Warfarin metabolism is influenced by many medications and over the counter medicines.

Dietary Guidelines

- Consistency in diet is important. Avoidance of Vitamin K is not recommended, but eating the same amount of foods containing Vitamin K will allow us to find the dose of warfarin that matches your dietary intake.

- Foods that are high in Vitamin K are green leafy vegetables, i.e., spinach, alfalfa sprouts, broccoli, lettuce, cabbage, coriander, parsley, soya beans, and canola and olive oils.
- You can eat these foods in moderation; you do not have to cease eating them completely.
- Please note: broccoli, lettuce and cabbage have less Vitamin K than spinach or sprouts.
- Sometimes, if your INR is high, we will ask you to eat some of these foods high in Vitamin K, so it is advisable to keep some (frozen vegetables are handy) in the house in case of this.
- Avoid crash diets.
- Dietary drinks, e.g., Tony Ferguson or Optifast, are Vitamin K supplemented. Advise us immediately if you start on these, and ALWAYS tell us when you stop as they have a substantial effect on the INR. Ensure and Sustagen are also Vitamin K supplemented and we should be notified when using these.

Where an altered response is due to a permanent change in lifestyle or general health, a simple dose adjustment can restore control. The following pages discuss the effect of the above circumstances on warfarin control.

Alcohol Consumption Guidelines

- Alcohol increases INR.
- Drinking in moderation is allowed - maximum of two standard drinks.
- Avoid binge drinking.

Exercise Guidelines

- In moderation - avoid all contact sport and activities with risk of serious injuries such as hang gliding or rock climbing.

Medication Guidelines

Pain relief

For simple pain relief use paracetamol, i.e., Panadol/Panamax. If taking four or more paracetamol daily for three days or longer, please advise QML Pathology.

Some patients are on regular aspirin as directed by their doctors but DO NOT take extra for pain relief. Aspirin is also a blood thinner but it works in a different way to the warfarin. Be aware that some cough mixtures or flu medications contain aspirin.

Almost all pain relievers can increase the INR including:

- Anti-inflammatory medications
- Liniment rubs
- Endone, Tramal and other narcotic pain relievers.

The only pain relief that will not affect the INR is heat. A wheat bag can be useful, but be careful not to burn yourself. This does not mean you cannot take these medications if needed, but notify us, and with additional tests we can often stabilise your INR again once you are on a regular doses of painkillers.

General Medications

Some over the counter medicines can increase the INR:

- Thrush tablets and oral gels (Daktarin, Diflucan) will markedly increase the INR
- Cough mixtures, mouth ulcer gels, Vicks Vapour Rub, tinea treatments and others.

Antibiotics

Nearly all antibiotics affect the INR (either increase or decrease), some dramatically. If you start ANY antibiotic you need to have an INR done around 2-3 days after starting.

Notify QML Pathology if:

- You start **ANY** new medications that will continue for more than three days
- Your doctor changes a dose of any of your current medications or if you stop any medication. An extra blood test may be necessary.

Vitamin, Mineral and Herbal Supplements

- Check Vitamin K content of supplements (do not confuse Vitamin K with potassium which has the chemical symbol of K). The chemical name of Vitamin K is phytomenadione.
- Minerals such as iron, zinc and magnesium should be taken two hours apart from warfarin as they can affect its uptake.
- Vitamins C and E in large doses can affect the absorption of Vitamin K, which in turn alters the INR levels.
- Herbal supplements (mostly those containing plant extracts) can contain unknown quantities of Vitamin K, which can make your INR unstable.
- Be cautious with herbal teas; some contain coumarin derivatives, e.g., tonka beans, melilot (sweet clover), sweet woodruff and camomile. Green teas contain Vitamin K.
- Please check with your doctor and QML Pathology before commencing any supplement.

Note that some herbal supplements may combine with warfarin to stop blood clotting by ways other than increasing the INR for example, by stopping platelets from working.

Common Herbal Medications that may Interact with Warfarin

Note that these substances may not be a problem for everyone taking them, but if your INR is unstable, these may be possible causes and you should have your INR checked soon after you commence them.

Cranberry	Fish Oils (Omega 3)	Horse Chestnut
Co Enzyme Q10	Garlic	Red Clover
Dan Shen	Ginger	Saw Palmetto
Devil's Claw	Gingko Biloba	St John's Wart
Dong Quai	Ginseng	Sweet Clover
Fenugreek	Glucosomine	

Request Forms and Rule 3 Exemption

Usually when you have a blood test you need to supply the collector with a request form signed by your doctor. This is required by Medicare. As you need to test so often while on Warfarin, Medicare created the 'Rule 3 Exemption' which allows you to have numerous blood tests on the one signed form. Your doctor provides you with the first form that they must sign and notes 'INR – Rule 3 Exemption'. This will last for six months only and once this time has passed you will need to visit your doctor for a new signed Rule 3 Exemption form to continue having blood tests. Medicare will not cover the costs of your blood tests unless you have a valid form.

After QML Pathology receives the signed request form from your doctor we will post out your Rule 3 Card that you should receive within 1 to 2 weeks. You should show this card to the collector each time you test. They will use the card to complete an internal INR QML CONTROL form.

This form contains questions about your current Warfarin dosing regime and allows us to collect information about current medication changes as well as any recent changes to your health. PLEASE COMPLETE THE FORM CAREFULLY. The collector may give you some blank QML Pathology control forms where you can complete the questions prior to your attendance at a collection centre. Alternatively, you can obtain a copy of the INR QML Control form from the QML Pathology Internet site. It is very important that you answer all the questions on this form and then sign the information acknowledgement section.

What to do when - A list of Important Facts for Warfarin Patients

What to do When Bleeding Occurs

- Minor bleeding from a cut: Most often can be treated at home by applying firm pressure on the cut for a longer length of time than normal using a clean tissue or a wound dressing.
- For lacerations/cuts requiring stitches: Wrap the area with a firm bandage/cloth, i.e., clean tea towel or bath towel, maintain pressure on the area, elevate if possible and go to your doctor or nearest hospital.
- For women: A heavier than normal menstrual cycle lasting longer or showing large blood clots should be discussed with your doctor.
- Fresh or old blood in urine or in the bowel motion: See your doctor first and then advise QML Pathology.
- Nosebleeds: If it is a large nosebleed see your doctor or go to the nearest hospital. Notify QML Pathology of the outcome.
- Minor nosebleeds: These are quite common in patients on warfarin, especially in winter. These can be treated with pressure to the area, (high up on the nose) whilst resting with the head forward. A cold pack to the back of the neck can help. Moistening the nasal tissues can help prevent recurrence; try using a spray like Nozoil. Once settled take care not to dislodge the clot by blowing your nose!
- Bleeding of the gums: Check with your dentist as it may be gingivitis (inflammation of the gums). If bleeding persists, please see your doctor. It is recommended that you use a soft rather than hard toothbrush.

Major bleeding is usually due to one of the following:

- INR too high
- Taking other medications which affect clotting, e.g., aspirin
- Mucous ulceration or infection at the bleeding site.

IMPORTANT NOTE:

QML Pathology cannot advise on health matters unrelated to warfarin. Please discuss these directly with your doctor.

Other Important Factors

- The use of an electric shaver is recommended for men.
- If you have a serious fall, or any significant bump to your head you should see the doctor and remind them you are on warfarin.

Pain: Any unusual pain that is severe or prolonged and cannot be relieved by taking pain medication should be reported to your doctor.

Swelling: Any unusual swelling should be reported to your doctor.

Pregnancy: Please notify your doctor **immediately** if you think you could be pregnant. Abnormalities to the baby can occur if warfarin is taken in the early stages of pregnancy. Alternative anticoagulation is required at this time. Warfarin can be taken after the baby is born and during breastfeeding.

What to do when Undergoing Procedures, Surgery or Dental Work

- Tell the person doing the procedure that you are on warfarin. The doctor/dentist doing the procedure **MUST** tell you and QML Pathology how they want the INR managed prior to the procedure. QML Pathology will not alter your dose until we know what is required. If your doctor/dentist needs a lower INR for the procedure this may take time to achieve so **adequate notice** will be needed.
- Be aware you may need to miss doses in this situation.
- People with mechanical heart valves **SHOULD NOT STOP** warfarin for more than a couple of days unless covered by full dose heparin or as advised by their cardiologist/cardiac surgeon.

Any patient with mechanical valves should discuss any cessation of warfarin with both their cardiologist and QML Pathology.

- Contact QML Pathology and give details of the procedure and the doctor's name.
- The doctor doing the procedure should tell you the dose of warfarin to recommence on and advise when to have your next blood test. Please inform QML Pathology of these details.

If you are Admitted to or Discharged from Hospital

- QML Pathology cannot give you your doses when you are in hospital. Your doctor will do this for you whilst you are an inpatient.
- If a pre-booked procedure, notify QML Pathology two weeks before the procedure is due so any dose changes can be made.
- If an emergency admission, please notify us of your admission, so we are not worried if you are not at home for our collectors or not answering your phone.
- Please remind the hospital staff to notify QML Pathology when you leave hospital, as we cannot recommence your dosing until we get discharge information from the hospital.

Cardioversion Procedure

If you are to have this procedure please notify QML Pathology as soon as you have the date the procedure is to occur. Your blood test results prior to this procedure will need to be in range for at least a month before the doctor will do the procedure. Therefore, you will need to have weekly blood tests for a while, and sometimes the INR range will change for this period.

What to do when you are going away

You must notify QML Pathology if you are going away on holidays or business. Sometimes we can change your next test date to fit in with your plans but other times you will need a test whilst you are away.

In that event:

- **In Queensland and Tweed (Northern NSW):** Speak to QML Pathology for the address of a nearby collection centre and give us a holiday contact number. A listing of QML Pathology collection centres can be found on our website www.qml.com.au.
- **Interstate:** Ask your doctor for a cumulative report and letter outlining your medical condition. Your QML Pathology request form is not valid outside the QML Pathology network. You will need to find a doctor at your holiday location to do your test and give you a dose. Your doctor may give you a dose over the phone using the INR from your holiday location, if you have pre-arranged this. On arriving home contact QML Pathology and advise us of your current dose and suggested test date.
- **Overseas:** Obtain a cumulative report and letter from your doctor outlining your medical condition and take ample supplies of your medication along with you. The medication will need to be taken in its original packaging from the pharmacy with its prescription labelling intact, i.e., do not put it in a dosette box. This is for customs purposes. Your QML Pathology request form is not valid outside the QML Pathology network. You will need to find a doctor at your holiday location and work within that doctor's system. On arriving home contact QML Pathology and advise us of your current dose and suggested test date. You should have travel insurance, but be aware that many policies will not cover pre-existing conditions.

NOTE: QML Pathology does not provide a dosing service when you test outside the QML Pathology network. If you are away from the QML Pathology Warfarin Clinic for longer than 3 months you MAY be liable for returning registration fees.

Receiving Your INR Dose Result by SMS

If you register for the SMS service once you are dosed and determined to be within acceptable limits, the system will send your warfarin dosage results via an SMS to your mobile phone. This will allow you to get your dosage no matter where you are. Please note: you will not receive a phone call in addition to the SMS message. If there are important changes or if we have not received a reply from you confirming receipt of the SMS within a 12 hour period we will contact you by normal voice call.

The SMS message will contain several pieces of information, an example of which is outlined below.

Please note: The below example of a SMS result is an example only and does not pertain to your warfarin therapy.

Your Warfarin Number: **QML Warfarin No. 30000**

Dose of Warfarin: **YOUR DOSE: 5mg daily**

Date of Your Next Test: **NEXT TEST: 09/07/12**

Unfortunately, no INR result can be supplied via SMS and you will receive your dose and next visit date only.

The reminder at the end of the message will ask you to reply via your mobile phone in order to confirm that you have received the SMS message. If you do not respond we will assume you did not receive the dose and our staff will personally call you the next day.

If you own a mobile phone and are a confident SMS user, you are eligible to register by contacting the Warfarin Care Clinic. Alternatively, if a family member is responsible for controlling your warfarin dosage, they may register instead.

IMPORTANT NOTE: This service is only available once your INR is considered 'stable'. If you wish to use this technology please advise the Warfarin Care Clinic staff. We will contact you once your INR is within an acceptable range to begin receiving SMS results. If you are regularly late for your next blood test, you become ineligible for this service.

Other Important Notes

- If the result is abnormal or poses a serious risk to your health, we will **PHONE YOU** personally as soon as possible.
- If you select to receive your dosage requirements via these alternative methods, you will no longer receive a personal phone call from the Warfarin Care Clinic unless the result is abnormal or there are important changes. However, if you need to discuss changes to your health or other important information our staff are still available to assist you on **1300 661 963**.

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IMPORTANT INFORMATION:

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- Be aware that warfarin is a dangerous drug if taken incorrectly and you can be at risk of haemorrhage if you have a weak bleeding point in your body, even when the INR is within the desired range.

The DOs and DO NOTs of Warfarin

DO

- **Do** take your warfarin tablets at the same time every evening (between 5.00pm – 8.00pm preferably).
- **Do** keep the same warfarin brand.
- **Do** check the dose you are taking.
- **Do** contact QML Pathology if you start on any new medications or antibiotics that will last more than three days.
- **Do** contact QML Pathology if there are changes to the dose of other regular medication you may also be taking.
- **Do** fill out the form with your current dose and any missed doses or new medication. If you are a carer and not home when the collector comes, fill it out beforehand by obtaining blank forms from our collection centres, or downloading it from www.qml.com.au > **Patient Information > Warfarin Support Group.**
- **Do** contact QML Pathology if you are admitted to hospital and if you are being discharged.
- **Do** contact QML Pathology if you are to have any surgery, dental work or other doctor procedure, especially if you are asked to stop warfarin prior to the procedure.
- **Do** make sure we can contact you at all times. If you have given us a mobile phone keep it switched on.
- **Do** please provide your reference number when phoning the Warfarin Care Clinic. Please have a pen and paper ready to record your test results (dose and next test date).

DO NOT

- **Do not** use aspirin or aspirin-based products (unless instructed by your doctor). If you do, and you are using them for more than three days, please remember to contact us immediately.
- **Do not** change your warfarin dose unless instructed by a doctor. If you disagree with the advised dose, you can ask to have the dose reviewed, but you should not alter it yourself.

Warfarin Dosage Examples

Some patients require very refined Warfarin dose patterns. It is important to write down your particular dose instructions and the date of your next blood test.
Some examples of dosage instructions are as follows:

DATE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	NEXT APP.	INR
Dosage Instruction: 'Alternate the dose' 3mg with 3.5mg									
20/01/12	3mg	3.5mg	3mg	3.5mg	3mg	3.5mg	3mg	27/01/12	2.5
Dosage Instruction: Monday to Friday take 6mg, Saturday and Sunday take 6.5mg									
20/01/12	6mg	6mg	6mg	6mg	6mg	6.5mg	6.5mg	27/01/12	2.5
Dosage Instruction: Wednesday and Saturday take 6mg, every other day take 7mg									
20/01/12	7mg	7mg	6mg	7mg	7mg	6mg	7mg	27/01/12	2.5
Dosage Instruction: Monday to Saturday take 4mg, Sunday take 4.5mg									
20/01/12	4mg	4mg	4mg	4mg	4mg	4mg	4.5mg	27/01/12	2.5
Dosage Instruction: Monday, Wednesday, Saturday take 1mg, every other day take 1.5mg									
20/01/12	1mg	1.5mg	1mg	1.5mg	1.5mg	1mg	1.5mg	27/01/12	2.5

* The dosage is given in milligrams (mg), i.e., the strength of the tablet. Please check the strength of the tablet with the strength written on the bottle.

If you are unsure of your dose program you may also consult your doctor.

Useful Aides

Tablet Cutters

Tablet cutters are available through your pharmacy to assist in cutting your tablets to provide the correct dosage.



This groove is present to allow the tablet to be cut. The tablet cutter is placed here to cut the tablet in half.

DO NOT CUT TABLETS MORE THAN ONCE.

Webster/Roll Packs

Webster/Roll Packs can be organised for those patients who are unable to deal with a large number of tablets, or if you have difficulty cutting tablets. In this case a pharmacy will set out your tablets for a period of seven days.

The pack SHOULD be packed from one test date to the next, which is likely to be different from any other Webster Packs you may already be receiving, which are usually packed on a fixed day of the week. Because of this, it is often necessary to have your warfarin in a separate pack from your other medication if you already have these in a Webster Pack.

Please contact your local pharmacy to see if they can assist with this, if not QML Pathology can advise of a pharmacy that will provide this service. Please note: this may incur a small fee from the pharmacy. Please provide QML Pathology with the name and phone number of your pharmacy and we will contact them directly with your warfarin doses.

Identification Bracelet

It is recommended that patients taking warfarin wear an identification bracelet. This is important should you be involved in a medical emergency.

QML Pathology Warfarin Care Clinic Charter

Our Warfarin Care Clinic is committed to assisting with your Warfarin control. At all times we will endeavour to:

- Provide you with education and information to assist in your Warfarin therapy
- Answer your questions regarding Warfarin therapy to the extent of our knowledge, and give you alternative contacts for questions that we cannot respond to
- Contact you regarding your dose in a timely and professional manner. For critically abnormal cases this will be within 12 - 24 hours, or for routine cases with minor changes this is usually within 48 hours
- Contact you or your emergency contact person with priority should your results be considered abnormal
- Give you a courtesy reminder should you be overdue for your blood test.

In return we ask you to:

- Be patient with our staff as they endeavour to assist you and the large number of patients in our Warfarin Care Clinic. Verbal abuse or violence will not be tolerated
- Ensure the information you provide regarding your dose, medication and health status is correct and timely - this will assist us in controlling the stability of your Warfarin dosing
- Take the time to understand and follow the instructions given to you by our staff - these are designed to make the process as hassle free for you as possible
- Continue on your current dose if you have not heard from us with your blood test results. Under normal circumstances you should contact us within 48 hours if we have not contacted you, however, if you are new to our Warfarin monitoring program, have recently commenced Warfarin, have recently been in hospital, or have had recent medication changes, then you should contact us within 24 hours of having your blood test
- Ensure that the registration fees including the out-of-pocket charges for each of your first five INR blood tests are paid in a timely manner.

Please note: QML Pathology is not responsible for your Warfarin monitoring when you are in hospital. Prior to or once discharged, you will need to be reinstated on the Warfarin monitoring program by the hospital doctor or your GP. Short stays or minor procedures may be exempt from this process.

Reminder: This service is not Government funded. We require your full cooperation to make this service run efficiently and effectively. Those failing to cooperate may be removed from the service and your doctor notified.



Specialists in Private Pathology since the 1920s

Warfarin Support Service 1300 661 963

Mon - Fri 7.00am - 8.00pm

Sat 7.00am - 5.00pm