



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: _____

Phone: _____

Name of your physician: _____

Phone: _____

Check your “zone” often to stay healthy and safe

Green Zone: Great Control

- 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

If taking warfarin:

- You 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)

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

Yellow Zone: Caution, call your physician!

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 3 pounds in a day or 5 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 affording your blood thinner or your insurance won't cover it
- Trouble getting your blood thinner from the pharmacy
- Miss doses or sometimes go without taking your blood thinner

If taking warfarin:

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

YELLOW ZONE means:

- ✓ Your symptoms indicate you may need an adjustment in your medications
- ✓ The physician or pharmacist may adjust your blood thinner if you are ordered 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!

RED ZONE: Take action!

- 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)

RED ZONE means:

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

*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.