

6.5 Appendix E - Warfarin Dose Adjustment Chart Self-Managing INR In Primary Care – Target INR 3.5

If you are unsure how to use this chart you must speak to your Primary Care Team for guidance.

General health, changes of diet, habit, routine or medication may affect your INR result.

You must speak to your Primary Care Team before altering your Warfarin dose if you have:

- missed any warfarin doses
- started or stopped a medication
- had any changes in health, lifestyle or diet.

TESTING SCHEDULE		
Number INR results within acceptable range	Definition	Test again in
One	This is the first test where your INR is within the acceptable range. You must start again at this testing frequency even if your INR was only outwith the acceptable range once.	2 weeks
Two	You are testing again after 2 weeks and your INR is still within the acceptable range.	4 weeks
Three	You are testing after 4 weeks and your INR is still within the acceptable range.	6 weeks
Four or more	You are testing after 6 weeks and your INR is still within the acceptable range.	6 weeks

TARGET INR 3.5	
INR	ACTION
2.0 or less	<ul style="list-style-type: none"> ➤ Re-check INR using CoaguChek® INRange. <ul style="list-style-type: none"> • If INR is 2.0 or less on the second test discuss the result with your Primary Care Team.
2.1 to 2.5	<ul style="list-style-type: none"> ➤ Increase your Warfarin dose by 1mg. Take this dose every day. ➤ Repeat INR in 7 days. ➤ If there have been 3 consecutive INR tests where the result has been above or below the acceptable range contact your Primary Care Team for advice.
2.6 to 2.9	<ul style="list-style-type: none"> ➤ Increase your current dose by 1mg on ALTERNATE days, for example: <ul style="list-style-type: none"> • If you currently take 2mg every day you will now take 3mg on Monday, Wednesday, Friday and Sunday and take 2mg on Tuesday, Thursday and Saturday. • If you currently take 2mg and 3mg on ALTERNATE days you will now take 3mg every day. ➤ Repeat INR in 7 days. ➤ If there have been 3 consecutive INR tests where the result has been above or below the acceptable range contact your Primary Care Team for advice.
3.0 to 4.0 acceptable range	<ul style="list-style-type: none"> ➤ Keep taking your current dose of Warfarin ➤ Retest INR as per testing schedule overleaf
4.1 to 4.5	<ul style="list-style-type: none"> ➤ Decrease your current dose by 1mg on ALTERNATE days, for example: <ul style="list-style-type: none"> • If you currently take 2mg every day you will now take 1mg on Monday, Wednesday, Friday and Sunday and take 2mg on Tuesday, Thursday and Saturday. • If you currently take 1mg and 2mg on ALTERNATE days you will now take 1mg every day. ➤ Repeat INR in 7 days. ➤ If there have been 3 consecutive INR tests where the result has been above or below the acceptable range contact your Primary Care Team for advice.
4.6 or above	<ul style="list-style-type: none"> ➤ Re-check INR using CoaguChek® INRange. <ul style="list-style-type: none"> • If INR result remains 4.6 or above on the second test contact your Primary Care Team to arrange an INR test using the practice coagulometer. The Primary Care Team may need to send a venous sample to the laboratory to confirm the result. ➤ DO NOT take your next dose of warfarin until testing has been undertaken by the Primary Care Team and advice on further management regarding warfarin dosing has been given by the Primary Care Team.

Keeping a Record of your INR and Warfarin Doses

The example below shows how you should use your anticoagulant therapy record book (yellow book) to record your:

- INR target
- INR test results
- Warfarin dose
- When your next test is due.

Anticoagulant Treatment Record

My Target INR is: 3.5

Date	INR	Daily dosage (mg)	Comments	Signature
16/12/24	3.5	2mg	Check INR again in 2 weeks 30/12/24	
30/12/24	2.7	2mg (Mon, Wed, Fri, Sun) 3mg (Tue, Thurs, Sat)	Check INR in 7 days 06/01/25	
06/01/25	2.3	3mg	Check INR in 7 days 13/01/25	
13/01/25	2.3		Phoned Primary Care Team for advice	