

Blood Thinner Self-Management Plan

Name: _____ Date: _____

The name of my blood thinner is (Generic and brand name): _____

I take my blood thinner because: _____

Name and phone number of doctor: _____

Name and phone number of pharmacy: _____

Name and phone number of home care agency (if applicable): _____

If you take Warfarin or Coumadin, please answer the questions below about your blood test (internal normalized ratio [INR]) to check the response of your blood thinner medication. Your INR tests your blood's ability to clot.

My target INR: _____ My next INR is due: _____

My most recent INR: _____ Who is drawing my next INR: _____

Date					
INR Result					

Date					
INR Result					

Note that 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 to your doctor or pharmacist about before using:

- **Pain relievers**, such as aspirin, ibuprofen (Advil, Midol, Motrin, Nuprin, Pamprin HB), naproxen (Aleve, Excedrin)
- **Cold medicines**, such as Sine-Off and Alka-Seltzer
- **Stomach remedies**, such as cimetidine (Tagamet HB), bismuth subsalicylate (Pepto Bismol), laxatives, and stool softeners
- **Herbal products**, such as garlic, ginkgo biloba, turmeric, ginger, Omega 3, and green tea

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Blood Thinner Safety Zones

Name _____

Date _____

Do not smoke and avoid secondhand smoke.

Green Zone: All Clear Zone. *This is the safety zone:*



If you have:

- ✓ No swelling.
- ✓ No increase in shortness of breath.
- ✓ No chest pain.
- ✓ No active signs of bruising or bleeding.
- ✓ Are taking medication every day at the same time.

Green Zone means:

- ✓ Your symptoms are under control.
- ✓ Continue taking your medications as ordered.
- ✓ Follow the meal plan as prescribed by your doctor.
- ✓ Keep all medical appointments.
- ✓ Refill any medications as needed.

If taking warfarin:

- ✓ You get your international normalized ratio (INR) blood test regularly.

Yellow Zone: Caution. *Call your doctor:*



If you experience any of these:

- ✓ Black or tarry stools.
- ✓ Vomit that looks like coffee grounds.
- ✓ Bleeding at a surgical site.
- ✓ Bleeding gums.
- ✓ Bruises for no reason.
- ✓ Blood in urine.
- ✓ You are ordered a new medication or begin taking an over-the-counter medication.
- ✓ Scheduled 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 go without taking your blood thinner.

Yellow Zone means:

- ✓ Your symptoms indicate you may need an adjustment in your medications.
- ✓ The doctor or pharmacists may adjust your blood thinner if you are prescribed any other new medications.
- ✓ Call your nurse or doctor to evaluate your symptoms.
- ✓ These changes or symptoms may put you at risk of bleeding or clotting.

If taking warfarin:

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

Red Zone: Medical Alert Zone. *Take Action. Call 9-1-1 or go to the hospital.*



This is the danger zone if you have:

- ✓ 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).