

## Zones for Management of Warfarin (Coumadin) Blood Thinner

### Green Zone: All Clear

You have...

- No unusual bleeding
- No change in prescribed or over the counter meds
- Been maintaining a consistent diet
- Taken your blood thinner exactly as directed
- Not taken aspirin, ibuprofen or any aspirin product
- Gotten your lab work as directed

### Green Zone Means:

- Continue to take your blood thinner exactly as directed
- Continue getting your lab work (PT/INR) done as directed
- Continue to follow your prescribed diet
- Tell all health care providers that you are on warfarin
- Keep all physician appointments
- Carry a note or wear a bracelet saying you are on warfarin

### Yellow Zone: Caution

You have...

- Unusual bleeding (nose, gums, urine, stool, cuts that don't stop bleeding in 10-15 min)
- Black, tarry stools
- Change in meds, especially antibiotics
- Drastic change in diet
- Been ill, have a fever, infection or diarrhea
- Forgotten to take a dose/doses of your warfarin

You are going into the **YELLOW** zone, call your Physician

### Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your warfarin
- Call the physician who manages your warfarin with these changes and your current dose**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

### Red Zone: Medical Alert

- You have fallen and injured yourself, especially hitting your head
- Bleeding from anywhere you cannot stop
- Having symptoms of a stroke or heart attack

**Call 911 NOW.**

### Red Zone Means:

**Call 911 right away.**

