



# Warfarin

- Take your warfarin regularly.  
(Try to take your warfarin at 6pm. This allows us time to tell you during normal working hours of any changes to your dose).
- A change in your diet, drinking more than 1 or 2 units of alcohol each day and/or taking any other medicines/supplements (including those you buy yourself) can all affect your INR.
- Tell a health professional if you have any unexplained bruising, bleeding, or very dark poo.
- If you are prescribed antibiotics, have your INR checked within 3 days of starting to take them.

