

Elevated International Normalised Ratio (INR) Blood Test

Adult Community Services

Introduction

We have provided you with this leaflet as your blood test today shows that your blood is too thin, which means that you are at increased risk of bleeding or bruising.

Action to be taken now

Your Warfarin dose will need to be reduced and or one or two doses may be omitted.

If your International Normalised Ratio (INR) is very high or you have had bleeding, then you may need a medicine (Vitamin K) to reverse the effects of Warfarin. Your anticoagulation nurse will advise you on this and will also advise you when to return to clinic to recheck your INR.

What should I do if I experience any symptoms?

If you develop any of the following symptoms it is important that you seek medical attention immediately for assessment and treatment.

Medical attention can be sought from The Emergency Department at any local hospital, your GP Practice, or dial 999. If unsure, dial NHS 111 for urgent care.

1. Pink, dark red or brown urine (this may be due to bleeding in the bladder or kidneys)
2. Black tarry stools, vomiting blood or particles that look like coffee grounds - this may be due to bleeding in the stomach, intestines or the back passage (rectum)
3. Coughing up blood or a nose bleed that lasts longer than 10 minutes
4. For women - unusually heavy periods or bleeding from the vagina
5. Blurred vision, slurred speech, loss of movement, numbness, dizziness, headache, feeling or being sick, fits, loss of consciousness - this could be a sign of bleeding in the brain
6. If you suffer a bang or blow to the head
7. If you suffer bruising or swelling that worsens over a short time period - this may indicate bleeding under the skin
8. Heavy bleeding or oozing from cuts or wounds

Reference

Hull. D, Garcia. D (2019) **Management of Warfarin associated bleeding or Supratherapeutic INR.** [online] Accessed 02/01/20. <https://www.uptodate.com/contents/management-of-warfarin-associated-bleeding-or-supratherapeutic>

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。