

Blood Thinner Care and Management (Warfarin, Coumadin, Lovenox, Arixtra, Heparin, Plavix)

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| Green Zone: Great Control | Green Zone Means: |
| <ul style="list-style-type: none"> ▶ My target INR: _____ ▶ My target weight: _____ ▶ No edema ▶ No increase in shortness of breath ▶ No chest pain ▶ No active signs or symptoms of bleeding or bruising ▶ Taking medication every day at the same time ▶ Rotating sites for injections at least 4 inches from navel | <ul style="list-style-type: none"> ✓ Your symptoms are under control ✓ Continue taking your medications as ordered ✓ Continue with daily weights ✓ Follow your low Vitamin K diet and ordered heart diet ✓ Ordered diet: _____ ✓ Keep all physician appointments |
| Yellow Zone: Caution | Yellow Zone Means: |
| <ul style="list-style-type: none"> ▶ If you have any of the following symptoms: <ul style="list-style-type: none"> ▶ Black or tarry stools ▶ Vomiting blood ▶ Bleeding at a surgical site ▶ Bleeding gums ▶ Bruising ▶ Blood in urine ▶ You are ordered a new medication or begin taking an over counter medication ▶ CALL YOUR HOME HEALTH NURSE | <ul style="list-style-type: none"> ✓ Your symptoms indicate you may need an adjustment in your medications ✓ The physician or pharmacist may adjust your blood thinner if you are ordered any other new medications ✓ Call your nurse to evaluate your symptoms ✓ Name of your nurse: _____ ✓ Special instructions _____ |
| Red Zone: Stop and Think | |
| <ul style="list-style-type: none"> ▶ Uncontrolled bleeding ▶ Bleeding that you cannot stop in 5 minutes when pressure applied ▶ Bruise more than 3 inches in diameter ▶ Weight gain of more than 5 pounds ▶ Frothy or pink sputum | <ul style="list-style-type: none"> ✓ You need to be evaluated by your physician ✓ Call your physician if you are going into the RED zone ✓ Call 911 ✓ Call your home health nurse _____ to let them know you went to the emergency room or hospital. |