

Warfarin: Your INR Goal

International Normalized Ratio, or INR, is a test to measure the amount of time it takes for your blood to clot.

When taking Warfarin, you will get an INR blood test regularly to ensure your Warfarin is working safely.

In the first few weeks after starting warfarin therapy you will be tested often.

Based on your INR results, your healthcare provider can adjust the dose if needed to ensure your medication is working properly.

It is important to try to reach and maintain a healthy INR level.

For most people an INR of between 2 and 3 is the goal.

Ask your healthcare provider what your INR goal should be and ways to help reach it.

Even after you reach your goal, you will continue to have INR tests as long as you are on Warfarin.

If your INR number isn't within your target range your healthcare provider may adjust your dose to try to reach and maintain your INR goal.

If you are unable to check your INR regularly, for example, while away on vacation, have it checked before you leave and when you get back to make sure you are in your target range.

And get back to your regular schedule of INR checks as soon as possible.