



# How to improve your Warfarin INR

The helpful guide for better control of your health

Oxford Health **NHS**  
NHS Foundation Trust

**This leaflet is intended for people taking warfarin tablets. If you have any concerns with your current medication, please speak to your GP, specialist cardiology nurse or dietitian.**

- . Do not stop taking warfarin without speaking to your doctor first.
- . Never take more than the prescribed dose or give your tablets to others.
- . Do not take medicines that contain aspirin unless prescribed by your Doctor.



**Warfarin** helps prevent blood clots. To do this, it slows the amount of time it takes for your blood to clot. Dosages vary for each individual and can be changed depending on how good your time in range is. People who take Warfarin will receive regular monitoring to ensure the dosage they are taking is helping to prevent the risk of clots.

## **What is time in range?**

The time in therapeutic range (TTR) is defined as the percentage of time your INR was within the target range. In other words, how well controlled your INR (international Normalised Ratio) is.

## **What is an INR?**

You'll have a regular blood test called the international normalised ratio (INR). It measures how long it takes your blood to clot. The longer your blood takes to clot, the higher the INR. Your Warfarin dosage is decided by your INR result.

## How to directly improve your INR

### Foods to limit – choose one portion per day

#### Dietary advice

Vitamin K is essential for normal blood clotting and is found in the food we eat. Vitamin K is found mostly in green vegetables such as broccoli or spinach. It can also be found in some fruits and fish. It's important to eat these foods as they all apply to a healthy diet, but it is also important to monitor how much of these foods you eat each day.

Vitamin K will counteract with your INR, which means that having too much of foods rich in vitamin K can have a negative impact. It is best to control how much of these foods you eat by following portion sizes. The box on the right lists foods with high amounts of vitamin K and how you can control your portions in your meals.

Maintain a consistent amount of Vit. K in your diet, as increasing or decreasing your amount can interfere with how well your Warfarin medication works.

Kale	3 dessert spoons
Avocado	Half an avocado
Spinach (boiled)	3 dessert spoons
Spring greens (boiled)	4 dessert spoons
Broccoli	6 – 7 small/medium florets
Green cabbage (boiled)	4 dessert spoons
Sprouts	12 sprouts
Watercress	Quarter bunch
Asparagus	10 spears
Coleslaw	2 tablespoons
Beef liver	4oz (100g)

#### Alcohol

Alcohol intake is important to monitor, as too many units each week will impact your INR.

No more than 14 units of alcohol per week and two alcohol-free days are recommended. The occasional drink of two units or regular intake of one unit should not affect your warfarin. Regular heavy and binge-drinking is not recommended.

