

## Warfarin and International Normalised Ratio (INR)

Perth Children's Hospital will loan you a CoaguChek® to keep an eye on bub's INR.

When taking warfarin (war-far-in) the cardiologist (heart doctor) will give bub an **INR number target**. This will let you know how well the warfarin is working.

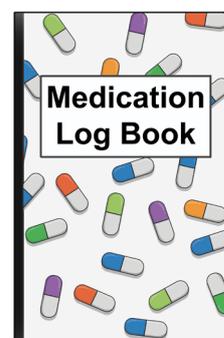
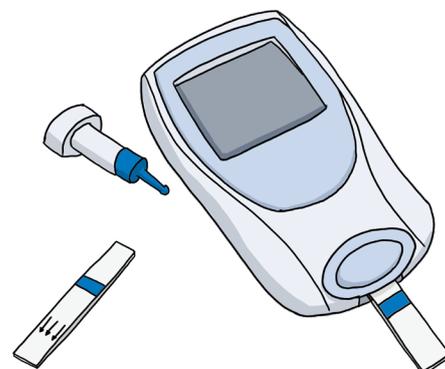
- Someone who does not need warfarin will have an INR of 1.
- It is important you remember bub's INR number after each test - write it in the log book.
- The cardiology team will tell you how often to test bub.
- Bub will need to test often, until they reach their INR number.

### For teens

- Having alcohol and warfarin together is not good for your teen. If your teen is **drinking alcohol** – it can make their **INR rise faster**, please let the cardiology team know.
- Let them take control of the testing with you watching.

### INR testing at home with the CoaguChek®

- This YouTube might help: <https://www.youtube.com/watch?v=p5UQF5hBJqY>



#### Get all the equipment ready:

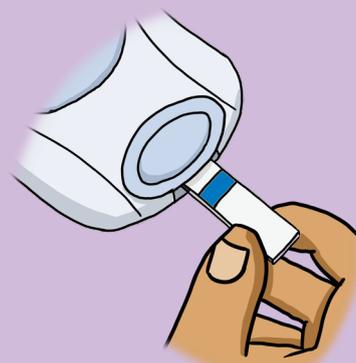
- CoaguChek®
- CoaguChek® strips
- lancet
- tissues
- sharps container.



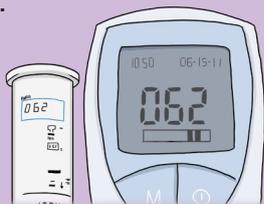
Wash and dry your hands and bub's hands with warm soapy water. Warm water helps the blood flow.



Insert test strip into the machine until it beeps.

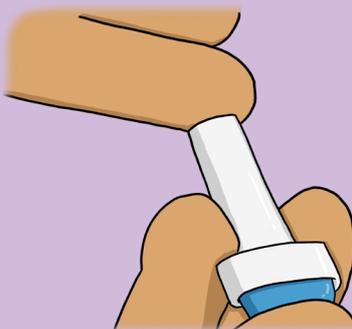


Check strip code and number displayed. Press "M" if they match.

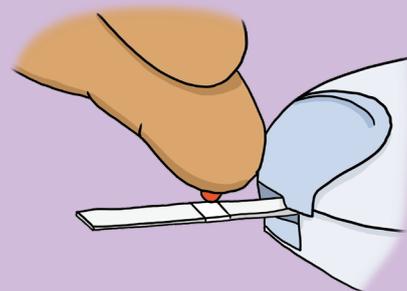


If you are having trouble with the CoaguChek®, call **0436 595 790**.

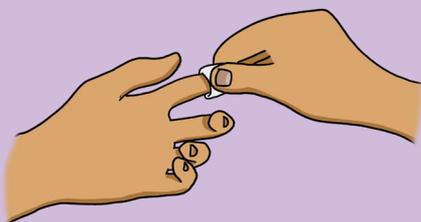
Prick finger with the lancet. Use a new lancet each time.



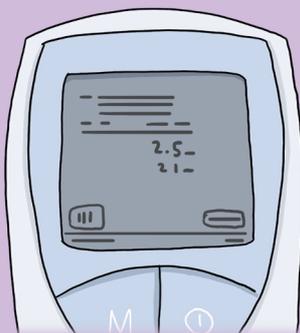
Put blood on test strip.



Put pressure on bub's finger, hold tissue until the bleeding stops.



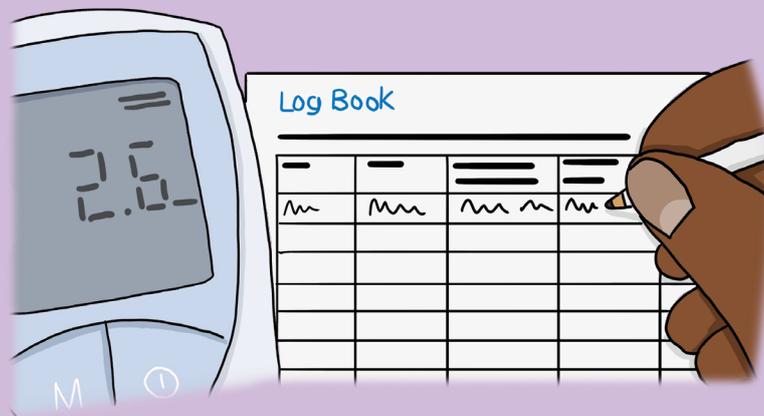
Write result in log book.



Throw away test strip. Put lancet in the sharps bin.



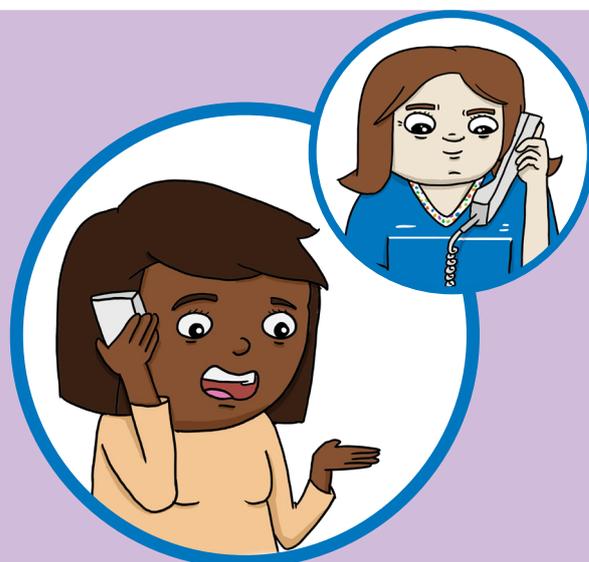
**Write down** the CURRENT warfarin dose or the adjusted dose and when the next INR check is needed.



**Call or text PCH Cardiology Warfarin Nurse** between 8–11am on 0436 595 790, with bub's name, INR result and warfarin dose.

**A nurse will call you back within 2 hours.** If they don't call you back, call 6456 0206 and select option 4.

**If you need to yarn after 11am please call 6456 2222 and ask for the cardiologist on call.**



**Not checking** bub's INR can lead to **serious health problems** like bub having a stroke or needing surgery because of blood clots.

Go to the emergency department if bub has:

A really bad headache.



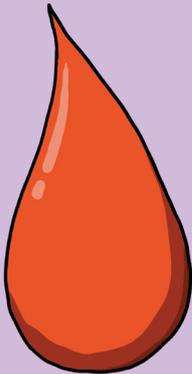
Numbness or weakness on 1 side of their body .



Trouble walking, dizziness or loss of balance.



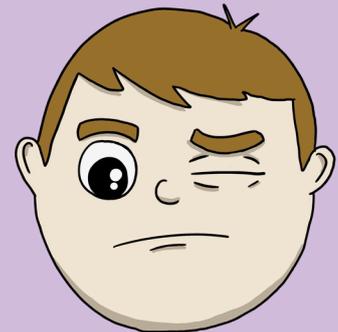
Bleeding that doesn't stop.



Confusion, trouble speaking, or you can't understand them.



Trouble seeing in 1 or both eyes.

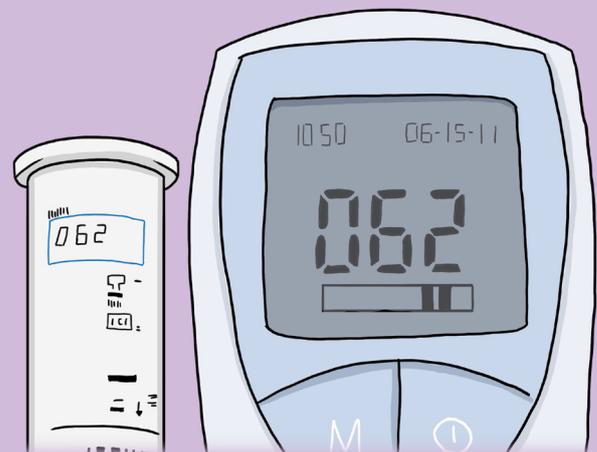


## Other things you need to know

CoaguChek®- needs checking every 2 years – see green sticker on the back or side for service date.



Store CoaguChek® and CoaguChek® strips in a cool place away from direct sunlight.



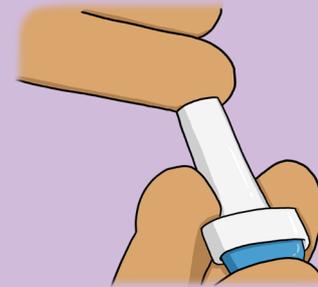
PCH can give you CoaguChek® strips but you will need to buy the lancet, tissues and sharps container at your local pharmacy.



You can take the **sharps container** to your pharmacy when it is full.



The cardiology team will ask you to take bub to have a **blood test** done **before 11am**. You will need to **text 0436 595 790** with **bub's name and warfarin dose** when you have done the **blood test**.



## Contact and supports

PCH Cardiology Warfarin Nurse	0436 595 790	<ul style="list-style-type: none"> <li>• Report all INR results</li> <li>• Concerns</li> <li>• Changes to bub's condition</li> <li>• Any difficulties you have</li> </ul>
Nursing Service	6456 0206 select option 2	<ul style="list-style-type: none"> <li>• General enquires</li> <li>• New scripts</li> <li>• More CoaguChek®</li> </ul>
PCH Pharmacy during business hours	6459 0190 Option 1	<ul style="list-style-type: none"> <li>• Medication information</li> </ul>
Out of hours/weekend	6456 2222 ask for cardiologist on- call	<ul style="list-style-type: none"> <li>• Urgent issues</li> </ul>
Poisons Information Centre	13 11 26	<ul style="list-style-type: none"> <li>• Poisoning</li> <li>• Overdose</li> </ul>
MedicAlert bracelets 	<a href="https://www.medicalert.org.au/">https://www.medicalert.org.au/</a>	<ul style="list-style-type: none"> <li>• MedicAlert ID bracelets around your neck or wrist- quick and easy sign of medical condition</li> </ul>

Having lots of finger pricks and blood test can be hard and cause anxiety for you and bub, that's why PCH Cardiology works with the Keeping Kids in No Distress (KKIND) team. Ask your treating team for more information.



Government of Western Australia  
Child and Adolescent Health Service

**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
Produced by: Cardiology / Social Work  
Ref: 1340.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.