










Coumadin Self Management

You, the patient, are the most important person to manage your Coumadin therapy. The closer we get your blood levels to be 2.0-3.0 (or as told by your doctor) the less chance you'll have of developing blood clots or bleeding problems. We will offer a lot of support to help you manage your Coumadin therapy, but we need your help.

Please choose goals you are willing to work on to better manage your care.		Yes	No
	<u>Goal 1:</u> I will always take my Coumadin as I am told. I will not miss doses.		
	<u>Goal 2:</u> I will have my blood checked as often as my doctor tells me to.		
	<u>Goal 3:</u> I will call my doctor if I start taking any new medications.		
	<u>Goal 4:</u> I will keep my diet pretty much the same every day.		
	<u>Goal 5:</u> I will call the doctor right away for any bleeding or bruising.		
	<u>Goal 6:</u> I will not drink alcohol.		
	<u>Goal 7:</u> I will stop smoking.		
	<u>Goal 8:</u> I will use care to avoid falls and injury. I will call my doctor if I fall or get hurt.		
	<u>Goal 9:</u> I will work hard to keep my INR 2.0-3.0 (or as I am told by my doctor).		

