

# Advice following a high INR reading (adults)

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During your visit to the Emergency Department (A&E) you have had your international normalised ratio (INR) level checked. On this occasion your INR level is high. However, as you have no symptoms related to this high INR, we think it is okay for you to leave hospital now.

The doctor caring for you in the Emergency Department will give you appropriate anticoagulant advice, so it is unlikely that you will experience problems related to your high INR reading.

This leaflet explains what possible symptoms of a high INR level you should look out for once you leave hospital, and what steps to take if you experience any of them.

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## Symptoms of internal bleeding

Please seek urgent medical advice by dialing 999 if you notice any of the following symptoms:

- Nose bleeds (lasting longer than 10 minutes)
- Blood in stool (poo) or black poo
- Blood in vomit (sick) or sputum (spit)
- Blood in urine (wee)

## Symptoms of a head bleed

Please seek urgent medical advice by dialing 999 if you notice any of the following symptoms:

- A sudden and severe headache
- A stiff neck
- Feeling nauseous and being sick
- Sensitivity to light (photophobia)
- Blurred or double vision
- Slurred speech and weakness on one side of the body
- Loss of consciousness (passing out)
- Convulsions (uncontrollable shaking)

Please contact your Anticoagulant Clinic or service the next working day to advise them of your stay in the Emergency Department. **We recommend that you have an INR level check within seven days of your visit to the Emergency Department.**

## Who to contact if you have any questions

If you are cared for by the Royal Berkshire Hospital Anticoagulant Clinic, you can reach them **Monday to Friday (except bank holidays) from 9.30am to 5.00pm.**

Tel: 0118 322 7691 or email: [rbft.anticoagulantclinic@nhs.net](mailto:rbft.anticoagulantclinic@nhs.net)

**If you are NOT under the Royal Berkshire Hospital Anticoagulant Clinic's care, YOU MUST contact your usual anticoagulant service or GP the next working day after your visit to the Emergency Department.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Emergency Department/Anticoagulant Clinic, December 2022.

Next review due: December 2024