

Talk to your Health Care Professional about INR Self-Monitoring:

If you would like to become more involved in self-monitoring your INR whilst taking warfarin, having a conversation with the GP/health care professional managing your anticoagulation is the first step. Your GP/health care professional is in the best position to help you achieve and maintain good health.

Consider and write down the information you would need to make an informed decision including:

The reasons why you would prefer to self-monitor your INR

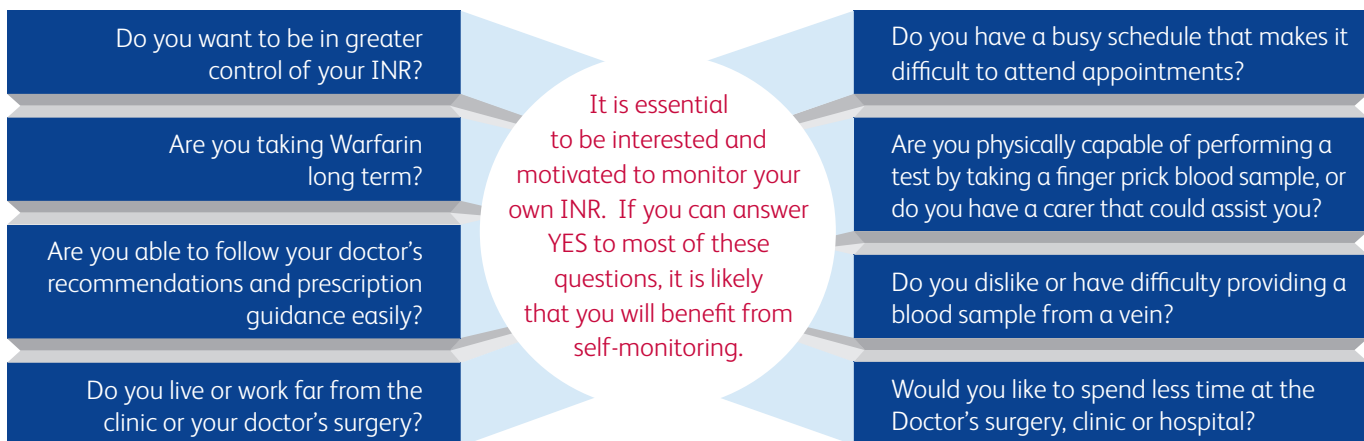
Any concerns you may have about your current testing frequency

Any other questions you may have

Be prepared to discuss your lifestyle, diet, additional medications and if you are taking any herbal supplements. If you find visiting the clinic inconvenient, you could also discuss this. The more information you can make available, the better informed your GP or health care professional will be to help support your decision.

You may want to consider bringing along a friend, relative or carer to the discussion, if they will be supporting your self-monitoring.

Is self-monitoring your INR right for you?



Points to Remember:

- Self-monitoring your INR is easy to undertake and may enable you to test more frequently. This can improve your time in range and ultimately improve the quality of your treatment control¹.
- NICE (National Institute for Health and Care Excellence) has recommended INR self-monitoring for children and adults who have atrial fibrillation or heart valve disease and are on long-term vitamin K antagonist therapy (anti-coagulants, like Warfarin), as long as the individual prefers this form of testing and they are able to self-monitor effectively (or have a carer/ relation that is able to)².

Test yourself at home and communicate your results

Notify your health care professional in the agreed way

If dose adjustment is required your healthcare professional will notify you of this

1. Heneghan C, et al. Self-monitoring of oral anticoagulation: a systematic review and meta-analysis. February 2006

2. NICE Diagnostics Guidance: Self-monitoring coagulation status in people on long-term vitamin K antagonist therapy who have atrial fibrillation or heart valve disease: point-of-care coagulometers (the CoaguChek XS system and the INRatio2 PT/INR monitor) (August 2014)