

Talk to your Healthcare Professional about INR* Self-Monitoring

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

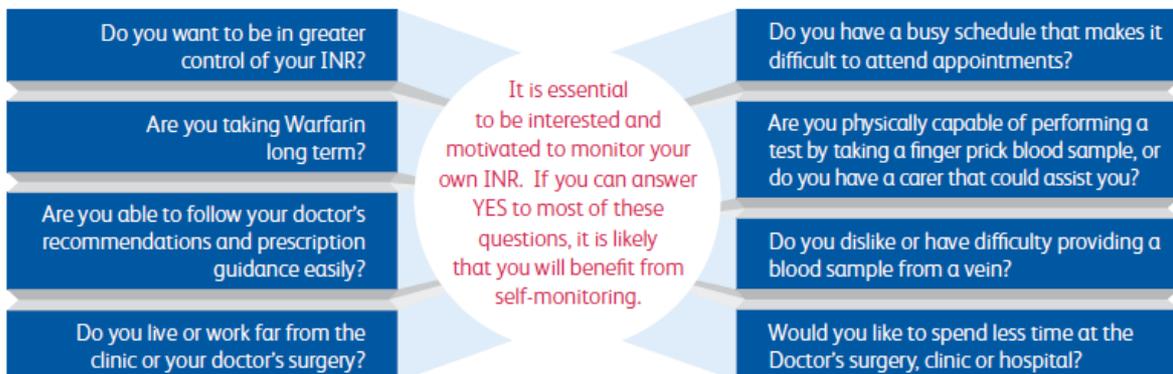


* The international normalised ratio or INR is a laboratory measurement of how long it takes blood to form a clot. It is used to determine the effects of oral anticoagulants, such as warfarin, on the clotting system.

Be prepared to discuss your lifestyle, diet, additional medications and if you are taking any herbal supplements. If you find visiting the clinic inconvenient, for work or holidays, for example, 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 control^{1,2}.
- NICE (the National Institute for Health and Care Excellence) has recommended INR self-monitoring for children and adults who have atrial fibrillation (AF) 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 who is able to)³.
- The NICE Quality Standard 93 for AF treatment and management⁴ includes a developmental standard, which says that adult patients with AF who are taking warfarin on a long-term basis to help reduce their risk of a stroke are supported to self-manage their blood levels with a coagulometer.



1. Gardiner *et al.* Patient self-testing is a reliable and acceptable alternative to laboratory monitoring. *Br J Haem* 2004;128:242-47.
2. Heneghan C, Ward A, Perera R *et al.* Self-monitoring of oral anticoagulation: systematic review and meta-analysis of individual patient data. *Lancet* 2012;379(9813):322-34.
3. 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) (September 2014).
4. NICE Quality Standard 93 for atrial fibrillation treatment and management <https://www.nice.org.uk/guidance/qs93>. Published July 2015.