People share their experiences of starting self-testing

When you first start testing your INR, it is not uncommon to experience problems. In particular, people have had difficulties in getting a large enough blood sample, or in applying this blood sample to the test strip.

A few people share their experiences here:

“At the start [I had] a problem with obtaining enough blood. This solved when I was shown how to adjust the 'size' of the lancet blade - No problem now.”

“I used to waste a few strips - but I waste fewer now since I was shown a better way to apply the blood to the strip.”

Most of these difficulties can be overcome by reviewing the instructions provided, and by talking to your anticoagulation practitioner.