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| **Module** | Anticoagulation management: patient’s guide to self-monitoring |
| **Topic** | Patient self-testing in practice |
| **Content** | Extra content – PST procedure |
| **Audience** | Self-monitoring warfarin patient / HCP |
| **Version** | 3 |

**An example of a self-testing clinic procedure**

Below is an example of a clinic procedure for self-testing. Elements of this may vary according to local practice. Please check with your anticoagulant practitioner.

1. The person measures their INR using their coagulometer in the morning of the agreed date of the INR test.
2. The person then phones the clinic with their INR reading before 1pm on the same day. If there is not anyone available to take the call they should or leave their name, date of birth, contact number and INR result on the answer machine.
3. The INR tests should not be done on a weekend unless arranged specifically with a member of the anticoagulation team.
4. The person should also report the following to the anticoagulant clinic:

* Bleeding episodes
* Excessive or unexplained bruising
* Change in medication / diet / alcohol intake / herbal remedies
* Missed doses of anticoagulants
* If unwell, diarrhoea or vomiting
* Recent hospital admission

1. The pharmacist/nurse specialist will review the INR on the same day. Dosing advice will be provided in writing, which will be posted first class to the person the same day. This should arrive within 3 working days. The person will be contacted by telephone if there is a dosage change.
2. If the pharmacist/nurse specialist does **not** telephone with dosing advice on the same day, the person should remain on the same dose
3. If the INR is below 1.5 or above 5, the test should be repeated. Both readings should be provided to the anticoagulant clinic.
4. If the INR is below 1.8 and the person has a mechanical heart valve, they should ring the clinic and speak to the anticoagulation practitioner.
5. If INR is above 8, un-recordable and/or the person experiences bleeding episodes they should ring the clinic for advice. A venous sample will be arranged the same day.

**Example of a procedure for INR self-testing service**

**Which questions will you be asked when you let the clinic know your INR test?**

Your anticoagulant practitioner may ask some or all of the following questions when contact them with your INR result.

1. What dose of warfain are you taking?
2. Have you missed any tablets in the last two weeks?

If yes, when and how many doses?

1. Has your doctor started or stopped any medication(including antibiotics) recently?

If yes, what has been started or stopped and when?

1. Have been feeling unwell in the last 2 weeks i.e. cold, diarrhoea?
2. Have you experienced any worsening in bruising or bleeding in the last two weeks?
3. Have you consumed any more than 2 units of alcohol (1 pint of bitter, or 2 glasses of wine, or 2 pub measures of spirit) in a day in the last 2 weeks?

If yes, when and how many alcohol drinks did you have?