

Checklist of Questions to Ask Yourself Prior to INR Self-Testing

If you are a warfarin patient considering the use of an in-home testing device to check your INR, you first need to determine if you are a good candidate for INR self-testing. You can print out the checklist below and answer the questions before scheduling an appointment to speak with your healthcare provider about your options for self-testing.

	YES	NO
Do you take warfarin and plan to be taking it 90 days or longer?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been told you are at risk for a blood clot or have one or more of the following medical conditions: <ul style="list-style-type: none">• Deep vein thrombosis (blood clot in leg)• Pulmonary embolism (blood clot in lung)• Atrial fibrillation or irregular heart beat• Mechanical heart valve• A medical condition that increases your risk for blood clots	<input type="checkbox"/>	<input type="checkbox"/>
Do you dislike or have a fear of getting blood drawn through your vein or do you have frequent INR tests or tests one, two or three times per week?	<input type="checkbox"/>	<input type="checkbox"/>
Are you good at communicating with your doctor and other healthcare providers and following the direction they provide to you about your healthcare and health treatments?	<input type="checkbox"/>	<input type="checkbox"/>
Do you live far away from the lab where your blood draws are taken, or are you unable to drive?	<input type="checkbox"/>	<input type="checkbox"/>
Do you travel frequently?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a schedule that does not permit regular appointments?	<input type="checkbox"/>	<input type="checkbox"/>
Are you physically able to perform a self-INR test, or do you have a caregiver to assist you in administering the test?	<input type="checkbox"/>	<input type="checkbox"/>

Print out and take this completed form with you to discuss with your doctor at your next appointment.

Questions to Ask Your Healthcare Provider About INR Home Self-Testing

After completing the questionnaire on the previous page, you can discuss your answers at your next doctor's appointment and also get answers to the questions below before making a decision about whether or not to test your INR at home. You can use the space provided after the questions for your notes.

1. Based on the information I supplied in the INR self-testing checklist, do you think that I am a good candidate for at-home INR monitoring?

2. Can I get a prescription for a home testing device?

3. If yes, can you help me find out what the cost will be or help me identify resources that might be available to help me with the out-of-pocket costs not covered by my insurance plan?

4. How will I be trained to use the self-testing device properly?

5. How often do I need to test my INR at home?

6. How will I communicate my results to your office or lab?

7. How will you (the healthcare provider) communicate back to me my test results and any adjustments in the dosage of my warfarin that I might need to make?