

# Guide for trained patients in coagulation self-management

## Part 1 – INR self-measurement

- Please measure your INR value once per week and note it in your coagulation card.
- Take care to perform this measurement correctly. Make sure that you apply the drop of blood onto the test strip within 15 seconds.
- If your INR value lies outside your therapeutic target range, adjust your dose and check your INR value again after 2 days.
- Please speak with your doctor about your target range and at what point you should inform them of any changes.
- If your INR value exceeds 4.5, you should contact your doctor.
- Discuss your INR values with your doctor every 3 months.



## Part 2 – Blood coagulation

- Blood coagulation is based on 3 pillars: vascular wall, blood platelets and coagulation factors.
- Vitamin K is needed for synthesis of coagulation factors. Vitamin K is ingested with food and is produced in the intestines by bacteria.
- The coagulation factors are synthesized in the liver with the participation of vitamin K.
- Coagulation-inhibiting medications such as Marcumar®, Coumadin® or Fali-throm® etc. suppress vitamin K in the liver. Fewer coagulation factors are produced.
- Consequently, your blood will coagulate somewhat more slowly when you are taking these medications.
- This effect protects you against an undesired blood clot formation, thrombosis or embolism in your body.



## Part 3 – Dose adaptation

- Depending on your condition, your doctor will decide the ideal therapeutic target range for you.
- Make sure that your INR values lie within the therapeutic target range. This is because values within the target range offer you the greatest possible protection against suffering from a thrombosis/embolism or hemorrhage.
- If your INR value is within the therapeutic target range, continue taking the planned dose of your medication.
- If your INR value is too high, the risk of hemorrhage becomes greater.
- If your INR value is too low, the risk of thrombosis becomes greater.

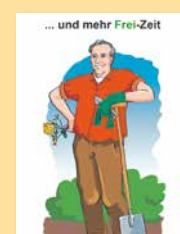


- If your INR value does not lie within the therapeutic range, it is necessary to adjust your dose.
- If your INR values are too high, you have to take a smaller dose.
- If your INR values are too low, you have to take a higher dose.
- After a dosage correction, please check your INR value again after 2 days.
- If your INR value has then returned to your therapeutic range, you should then measure it 1 week later as usual and take your tablets as planned.
- If your INR value is not yet within your therapeutic range, the medication dosage must be further adjusted. In this case you should measure your INR value at short intervals once again.
- If your measured INR value has then returned to the therapeutic range, you may take your medications as planned and measure the value again only 1 week later.
- If your INR value is still not within the therapeutic range, please contact your doctor.



#### Part 4 – Nutrition and special situations

- Please be aware that different food products have different vitamin K contents.
- As long as you maintain a balanced diet, you will usually have a uniform vitamin K supply. However, if the vitamin K supply in your nutrition changes greatly (e.g. due to fasting, dieting, etc.), please measure your INR value more frequently.
- If necessary, correct the dosage of your coagulation-inhibiting medication as described in detail in Part 3.
- Alcohol consumption may also influence the INR values. By virtue of your self-measurement of your INR values, you will be able to check whether and how the values change upon consumption of alcohol. You may have to adjust the dosage.
- Please be aware that your INR values may be influenced if you stop taking medications or start taking new medications. In such situations, please also measure your INR values more frequently.
- Please inform your doctors (especially in cases of procedures such as injections or surgery) that you are taking coagulation-inhibiting medications.
- If you require surgery, please discuss with your doctor whether you will need to stop taking your coagulation-inhibiting medication.
- Please also make sure that you take sufficient medications to bridge over the therapy.
- If you travel, carry your CoaguChek device in your hand luggage.
- Please also be sure to take along adequate medications, test strips, lancets and spare batteries.



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