

## INRatio<sup>®</sup> 2 - Patient Testimony

“After being diagnosed with Proximal Atrial Fibrillation I was put on Warfarin to manage my condition. I have been using the INRatio machine for approximately two and a half years, for the first year it was part of an evaluation for the haematology department at my local General Hospital. During the evaluation I used the machine at home and also attended the outpatients department for my INR tests. After the trial period it was agreed that we could use the machine at home and report our results to the department who manage the Warfarin administration.

“I believe that there are many benefits for Warfarin patients in using the INRatio:

- There is no need to attend the hospital for scheduled testing. As a result you have more time and money (you don't have to pay for car park tickets on a regular basis). Plus there are cost savings for the hospital trust as well.
- I also have further medication to take in the event of an episode, and as long as this responds to treatment within 24 hours I do not need to attend my Accident & Emergency department. Being able to test my INR at home means that if even if I am not scheduled for a test I can check my INR before self-medicating thus reducing the risk of any complications from a low INR level.
- I have found it invaluable when on holiday outside the UK. Shortly after being put on Warfarin I had a holiday in Gran Canaria, after the flight I suffered a nose bleed which cause me some anxiety as I wasn't sure of this was down to my Warfarin dosage being too high or the flight. I ended up ringing the hospital for reassurance. The following year I went to Australia for a month and again even though I did not have a nose bleed and my INR had been stable for a few months, I was still concerned about my warfarin particularly in adjusting to the time difference.

“Two years later I went on another long trip to Australia and New Zealand. This time I was using my INRatio machine and was



INRatio<sup>®</sup> 2 Test Device

able to check my INR regularly throughout the holiday so I was able to enjoy the stay and flights without any concern over dosage. I also emailed the clinic to keep them informed of my results.

“Finally, the real value of self-testing hit home to me on a recent trip to North America when one of my fellow holiday-makers who although on Warfarin wasn't self-testing suffered a bleed. This led to a two-day stay in hospital, a seven day delay in returning home plus the added stress for his wife. Luckily he had his credit cards with him as the first thing the paramedics wanted was payment, even before they took him to hospital.

“I am a keen advocate of self testing as it gives you personal autonomy in managing your condition.”

*For further information please email [ukcustomer@alere.com](mailto:ukcustomer@alere.com) or call our Customer Care Team on 0161 483 5884.*