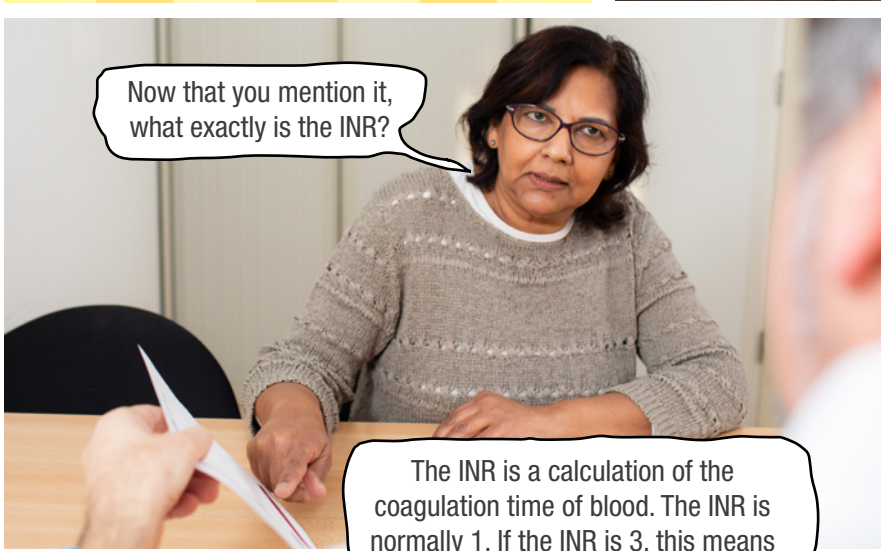


# INR

PURSUING TARGET VALUES

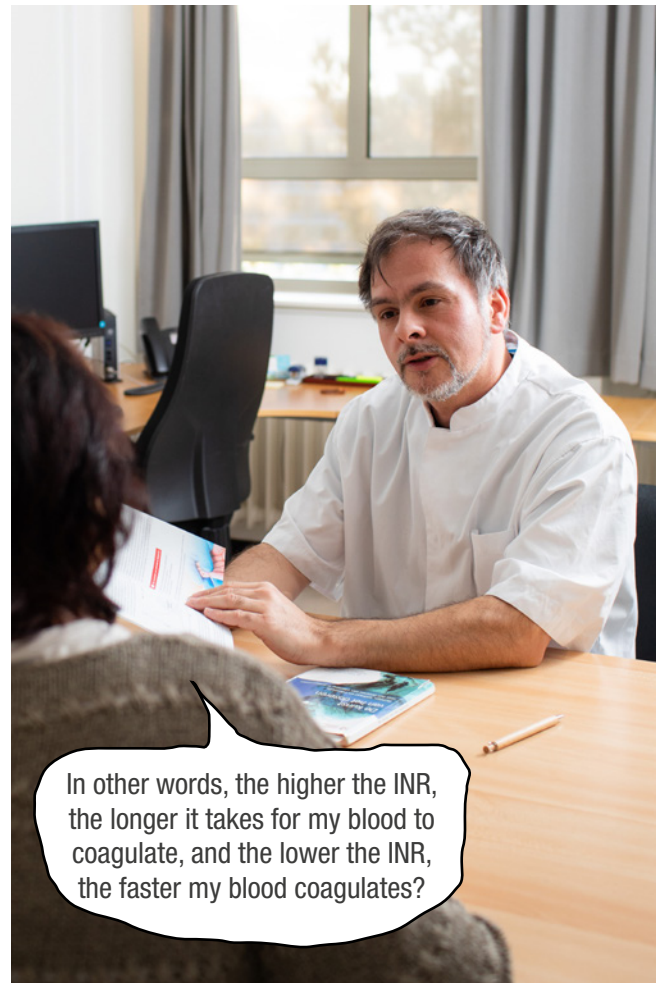


Something else you wanted to ask?



Now that you mention it, what exactly is the INR?

The INR is a calculation of the coagulation time of blood. The INR is normally 1. If the INR is 3, this means the blood takes three times as long to coagulate.



In other words, the higher the INR, the longer it takes for my blood to coagulate, and the lower the INR, the faster my blood coagulates?




You got it! So, the goal is to keep your INR within the target values. The INR should be between 2.0 and 3.0 and occasionally between 2.5 and 3.5. Your doctor determines this for your situation.




Mine fluctuates sometimes.







It's totally normal that your INR fluctuates a bit. But your INR might fall outside the target values for a longer time.




If that happens, what causes it?




There are all kinds of things that can cause fluctuations, such as diet, illness, fever or stress. Or interaction with other medication.



And the thrombosis services keeps an eye on my INR value?



Exactly. But it is important that you always notify them about any changes in your situation.



OK. I understand. And now I also know what INR stands for. It's Nothing Radical!