

Name: _____

INR Chart

Goal Range: 2.0 - 3.0

Goal: _____

Keeping track of your blood test results helps you and your doctor see whether your medicine is helping you to stay within, above, or below your goal range. Use this chart to keep a record of your results. Write the date of the test, the weekly dose of your medicine, and the test result in the white columns (see example below). Then mark a dot on the line in the colored area that corresponds to your test result. You can connect the dots to show how your results change over time.

Outside of goal Range
 Within goal range
 Borderline

1.0 1.2 1.4 1.6 1.8 2.0 2.2 2.4 2.6 2.8 3.0 3.2 3.4 3.6 3.8 4.0 4.2 4.4 4.6 4.8 5.0

Test	Date	Weekly Dose	Result	
Example	2/1/2008		2.3	•
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



Quicker to clot



Easier to bleed