Monitor your INR levels accurately wherever you are

CoaguChek XS
Your guide to INR self-testing with CoaguChek XS
Welcome

Thank you for enquiring about the CoaguChek XS self-testing meter.

This brochure aims to provide you with information about anticoagulation therapy and why it is so important to regularly monitor your International Normalised Ratio (INR). It also explains how the CoaguChek XS works and how self-testing with it could benefit you both in terms of your therapy management and your lifestyle.

Should you require more information or would like to purchase a CoaguChek XS meter, please call Freephone 0808 100 7666.
What is anticoagulation therapy?

Coagulation is one of the body’s safety mechanisms as it controls the flow of blood following damage to blood vessels. Anticoagulation drugs such as warfarin help to slow down the clotting process and prevent the formation of potentially dangerous blood clots.

Warfarin and other anticoagulation treatments may be prescribed for a variety of reasons, such as helping to prevent blood clots after replacement heart valve surgery, and helping to prevent future heart attacks or stroke.

Why monitoring is important

The clotting time of blood is usually expressed in what is known as ‘prothrombin time’ (PT). In order to give consistent results, the World Health Organisation created the International Normalised Ratio (INR) which is now the standard measurement of PT.

Because anticoagulation drugs affect the blood’s ability to clot, it is important that the right dose is maintained in order to reduce the risk of severe bleeding or other complications. The effectiveness of anticoagulation drugs can vary over time and can be influenced by changes in diet, drinking alcohol, and the use of other medication. Regular monitoring of INR levels means that dose adjustments can be made to help keep a patient within their desired therapeutic range.

Anticoagulation clinics

Currently, you are probably attending an anticoagulation clinic or your GP’s surgery to have your INR measured and warfarin dose adjusted to your needs.

However, making regular visits to the anticoagulation clinic can get in the way of daily life, disrupt work commitments and interfere with holiday plans. What’s more, some clinics overseas may charge for you to have your INR levels checked.

That’s why many patients and healthcare professionals are recognising the benefits of INR self-testing. Not only can it give a patient greater freedom, but more regular monitoring can also help improve therapy management.
Self-testing

Self-testing will allow you to safely monitor and record your INR results at home or at any other convenient location. These results can then be relayed to your anticoagulation clinic or GP who will check that they fall within your therapeutic range and make any necessary adjustments to your warfarin dose.

Self-testing may reduce the number of clinic visits you need to make, and so saving you both time and money, and allowing you more freedom to do the things you want to do.

Please remember that it is important that you do not alter the drug dose yourself – this must be done by a healthcare professional.

What the government says about self-testing

Patient self care is a key initiative in the NHS Plan for a patient centred health service and an important component in supporting people with long term conditions. It is seen to provide:

- Better symptom management
- Improved feeling of wellbeing
- Increase in life expectancy
- Improvement in quality of life with greater independence
What the clinical studies say about self-testing

“The proportion of patients who spent most time in the therapeutic range was larger during self-management than during anticoagulation clinic-guided management.”

From a clinical study comparing self-testing with clinic-based care

“Quality of life changed in a positive way. Independence and better organisation of vacation and spare time were the most frequently mentioned advantages.”

Extract from a study into the impact of self-testing on the quality of life of anticoagulation patients

“Compared with conventional management by an anticoagulation clinic, self-management of oral anticoagulation treatment achieved a similar level of control. Of note, major complications and minor haemorrhages were less common in the self-management group.”

From another study comparing self-testing with clinic-based care

What warfarin patients say about self-testing

“I am certain of the therapeutic benefits of self-testing and for anyone who travels abroad it can be invaluable. A couple of years ago a blood test to check my INR whilst on holiday in America, cost me £100.”

CoaguChek user

“Self-testing is a much more convenient and effective method of looking after yourself. I have no reason to feel inhibited by my condition and I live a perfectly normal life.”

CoaguChek user

“While self-testing my INR levels I have been able to remain within my therapeutic range more often and this has made such a huge difference to my quality of life. It has allowed me to travel regularly both for business and holidays as I know I have the confidence that wherever I am, I am able to see my INR level. If there is a problem, help is only a phone call away.”

CoaguChek user
Monitor your INR levels accurately wherever you are

Roche Diagnostics is proud to introduce the new CoaguChek XS meter for patient self-testing.

CoaguChek XS is a portable meter that combines state of the art INR monitoring technology with a compact design that meets the levels of accuracy, safety and convenience to give you the confidence you want.

- Meter tells you if the blood dose has been correctly applied
- Utilises new testing technology to help ensure accuracy of results
- Allows you to set your own therapeutic range
- Battery operated for easy operation and portability

Test strips

- Unique On-Board Control System for accurate day to day running of the meter, plus no need for control solution
- Test strips have built in controls to protect strip integrity
- Top and side strip dosing outside of meter for easier application and greater contamination control
- Strips can be stored at room temperature – no need for refrigeration
- Available on NHS prescription
- Strips available in packs of 24 (48 strips available from May)
Everything you need for INR self-testing

The CoaguChek XS meter comes in a complete kit that provides you with everything you need to start self-testing.

Included in the pack are detailed training materials including a step-by-step instruction video.

Also included are:

- SoftcliX® finger pricking device
- Lancets
- Pack of 6 free test strips
- Batteries
- Carry case
Testing is easy with CoaguChek XS

Monitoring your INR with CoaguChek XS is a simple and straightforward procedure. You will receive full instruction in your pack, but the basic steps, which only take a few minutes, are as follows:

- **Wash your hands**
- **Insert test strip and the meter switches on automatically**
- **Confirm strip code and wait for strip to warm up**
- **Prick finger with lancet and place blood sample on test strip**
- **The meter tells you if sufficient blood has been provided**
- **On board quality control system lets you know if the test was successful**
- **If your INR result is outside your target range, the meter will inform you if the value is too high or too low**
- **Results are stored automatically and the meter can hold up to 100 results**
Patients using CoaguChek XS receive unrivalled levels of support and advice.

- CoaguChek XS meter kit contains:
  - Instruction manual
  - ‘Step-by-step’ demonstration video
  - Contact phone numbers

- CoaguChek Careline for:
  - Comprehensive product information
  - Training advice
  - Lifestyle support

- Technical Helpline provides:
  - Answers to any questions about the meter

- Healthcare Professional support:
  - Roche Diagnostics works closely with primary care trusts and health providers throughout the country
  - This helps ensure that your Healthcare Professional is a vital source of advice and information about your self-testing programme
**Why self-test?**

Self-testing gives you greater freedom and flexibility. As CoaguChek XS is portable, you can test anywhere, even on holiday, so you can save time and expense by cutting down the number of clinic visits you need to make.

**Am I suitable for self-testing?**

Anyone on long-term warfarin or other oral anticoagulation therapy, with reasonable eyesight, and manual dexterity is suitable for self-testing – and there’s no age limit. If considering self-testing, you should ask yourself the following questions:

- Do I want to take an active part in my care?
- Would I like to check that I am within my therapeutic range at my own convenience?
- Would I like to have longer intervals between clinic visits?
- Would I like greater freedom to travel and plan daily activities?

If your answer to these questions is ‘Yes’, then consider how self-testing with the CoaguChek XS could benefit your lifestyle and your therapy management.

**Do I still attend my anticoagulation clinic?**

Yes, however, the number of visits may eventually be greatly reduced as you rely more and more on CoaguChek XS. Your healthcare provider will establish a convenient schedule of clinic visits to monitor your progress.

**Is it expensive?**

Although the patient is responsible for the initial cost of the CoaguChek XS meter, you should also consider the ongoing savings that you will make in terms of time and money through reduced frequency of visits to the clinic. And what value can be placed on more independence and greater freedom to travel?
**Can I self-test abroad?**

Yes, CoaguChek XS can safely pass through airport security systems, and as it runs on battery power you needn’t worry about differing electricity supplies.

**Where do I get more testing strips?**

Test strips for the CoaguChek XS are available on prescription – so just ask your doctor.

**How often should I measure my INR?**

You will need to monitor your INR levels as often as guided by your Healthcare Professional. However, self-testing with CoaguChek XS means you can check your INR at any time and monitor what circumstances cause it to change.

**Will I need to change my warfarin dose?**

Your INR results may indicate that an adjustment needs to be made, however, this must only be undertaken by your Healthcare Professional. If you are uncertain or worried about your results, contact your Healthcare Professional at once. You should not adjust your dose without having discussed and agreed it with your Healthcare Professional first.

**Do I need the permission of my GP to purchase a meter?**

No. If you feel that self-testing with the CoaguChek XS is the right choice for you, then you are free to make that decision. However, Roche Diagnostics do recommend that you discuss your intentions with your doctor before buying. Either way, when you purchase a CoaguChek XS, the kit contains all of the relevant information and paperwork you should provide to your Healthcare Professional.

**How can I purchase a CoaguChek XS meter?**

Simply call Freephone 0808 100 7666 and our trained personnel will be able to advise you on any questions you might have and provide details of payment options.
Payment options

The CoaguChek XS costs £399. You can either make a one-off payment or spread the cost over 10 interest-free monthly instalments of just £35 per month following an initial payment of £49. Call now for details.

And remember, with CoaguChek XS, test strips are available on prescription – for life.

References:

To improve the quality of our service, calls received or made by Roche Diagnostics may be recorded.