



# Self-Testing Checklist for Patients



Patients who are looking for a convenient and easy way to test their INR are sure to benefit from self-testing with a CoaguChek® Vantus system.\*

**Here's how to determine if your patient would make a good candidate for self-testing, along with how you can direct him or her on how to self-test:**

Check all that apply.

## INR self-testing might be a good option for any patient who:

- Is on long-term warfarin therapy, and has taken warfarin for at least three months
- Has stable PT/INR levels
- Goes into a lab or office regularly for anticoagulation monitoring
- Has a mechanical heart valve, chronic atrial fibrillation or venous thromboembolism
- Finds it difficult to provide a blood sample from a vein
- Has a busy schedule, or finds traveling to appointments inconvenient

### The Bluetooth®-enabled CoaguChek Vantus system uses wireless technology to seamlessly transfer results for accurate and efficient reporting.†

Review the following instructions with your patient on how to self-test so you can assess his or her comfort level with the process.

\* The CoaguChek Vantus system may be used up to a maximum of 13,120 feet.  
 † Bluetooth connectivity requires a smartphone or tablet. Minimum specifications required.  
 Call 1-800-780-0675 for a list of supported devices and operating systems.

### How to perform a self-test:

1. Place the meter on a secure, level surface, such as a countertop or table, or hold it horizontally in your hand.
2. Remove a CoaguChek XS PT Test strip from its container. Close the container immediately with the stopper.
3. Slide the CoaguChek XS PT Test strip into the meter in the direction of the arrows. Slide the test strip in as far as it will go.
4. Wait for the system to warm up. A circle will appear on the display. When the meter beeps and displays the blood drop symbol, it is ready. You will then have 180 seconds to apply blood to the clear window on the strip.
5. Use a fresh lancet and lancing device to draw a drop of blood from the side of your fingertip. It's important to apply the blood drop to the strip within 15 seconds of drawing it.
6. Apply the blood drop to the test strip until the meter beeps. The meter will beep again and the result will appear – this is your INR test result.
7. Record your results on the Record Results sheet and report them to your service provider through one of four methods listed below.

### Ways to Report Results:



Wireless transfer from Bluetooth®-enabled meter to CoaguChek Link†



Secure patient website  
[coaguheckpatientservices.com](https://coaguheckpatientservices.com)



Automated phone system  
[1-800-780-0675](tel:1-800-780-0675)



Live phone support  
[1-800-780-0675](tel:1-800-780-0675)

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## Tips to get a good blood sample:



Gently shake your arm down at your side for about 30 seconds.



Warm your hand by holding it under your arm or using a hand warmer.



Massage the finger to be pricked.



To ensure your patient receives the best results every time he or she tests, regular follow-up visits should be scheduled so the patient can share any relevant information, such as changes in diet or lifestyle that may affect his or her INR results.

If you have any questions regarding your patient's self-testing and INR results, please contact CoaguChek Patient Services at **1-800-780-0675**.

### Changes that can affect INR results can include, but are not limited to:<sup>1</sup>

- Missed doses of warfarin
- Herbal supplements
- New medications prescribed by other doctors
- Foods containing high amounts of Vitamin K
- Alcohol intake

<sup>1</sup>Blood Thinner Pills: Your guide to using them safely, <https://www.ahrq.gov/patients-consumers/diagnosis-treatment/treatments/btpills/btpills.html#using>. Accessed January 2018.