



# On warfarin?

*Free up your life with CoaguChek® XS*

**CoaguChek XS Information Pack**

*Self-monitoring has given me freedom from being tied to regular appointments to have my blood checked. I am free to travel anywhere in the world knowing that I do not have to worry about my INR because I can monitor and control it myself.*

Mr. H, Lincolnshire

**CoaguChek® XS**

*Help, advice & support*

Call the freephone careline:

0808 100 7666

In the Republic of Ireland, please call freephone:

1 800 992 868

Visit:

[shop.coaguchek.com](http://shop.coaguchek.com)

# Hello

*Thank you for enquiring about the CoaguChek® XS self-monitoring 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-monitoring with CoaguChek could benefit you - both in terms of your therapy management and your lifestyle.*

*If you'd like more information, or if you would like to purchase a CoaguChek XS meter, please call freephone 0808 100 7666 or visit [shop.coagucheck.com](http://shop.coagucheck.com)*



**Included in this pack are:**

- Contact Card with contact details
- CoaguChek XS Price List

# What is Anticoagulation?



*Self-monitoring changes your life.  
If I had to sum it up in one word,  
it would be 'freedom'.*

John.

## **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, Deep Vein Thrombosis and helping to prevent future heart attacks or strokes in a condition such as Atrial Fibrillation.

## **Why monitoring is important**

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. CoaguChek® XS helps you to monitor these doses without the need for frequent visits to your clinic.

## **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. CoaguChek XS allows you to do this in your own time, saving you the inconvenience of clinic visits.

If you live in the UK and are taking warfarin long-term you will be entitled to VAT exemption on your meter and strips. You can find out more about this when you get to the online checkout or during your conversation with the careline.

# Self-Monitoring Explained

Making regular visits to the anticoagulation clinic can get in the way of daily life, disrupt work commitments and interfere with holiday plans. Self-monitoring allows you to safely monitor and record your INR results at home or at any other convenient location.



Self-monitoring may reduce the number of clinic visits you need to make, saving you both time and money. The freedom of self-monitoring with CoaguChek® XS opens up a whole new world, giving you more confidence to enjoy your leisure time and well earned holidays away from home.

If you are self-testing, you need to report results back to clinic. Please remember that it is important that you do not alter the warfarin dose yourself - this must be done by a healthcare professional.

If you are self-managing, you adjust your warfarin dose yourself with less frequent clinic check-ups to ensure all is being managed correctly.

## **Providing accuracy and precision in INR monitoring**

*CoaguChek XS, an easy to use, portable meter that:*

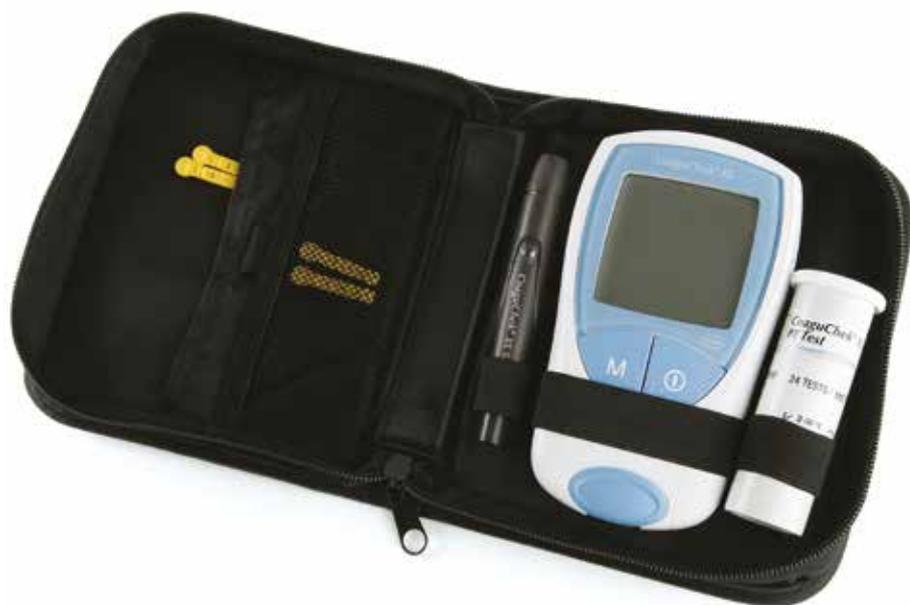
- Uses the same technology as clinic-based CoaguChek devices
- Has a proven level of accuracy and precision that correlates closely with a laboratory test<sup>1</sup>
- Allows you to set your own therapeutic range
- Is battery operated for easy operation and portability
- Self-monitoring with CoaguChek XS is recommended by the NHS regulator, NICE (National Institute for Health and Care Excellence)<sup>2</sup>

**NICE  
RECOMMENDED<sup>2</sup>**

## Freedom With CoaguChek<sup>®</sup> XS

- The CoaguChek XS is a handy and easy to use portable device
- Test strips are required
- 6 test strips are provided to get you started and further test strips are available on prescription. This may be subject to your GP's discretion so we always recommend you speak to your GP

So, instead of having to make time consuming trips to your clinic, with CoaguChek XS, you can monitor your INR levels accurately anytime and anywhere<sup>3</sup>.



*Getting freedom  
back in your life  
really is that simple*

*Patient self-care is a key initiative for the NHS and is recommended by the NHS regulator NICE<sup>2</sup>*

### **The Government pledges support for self-monitoring**

“There’s a finger prick blood test that allows patients on anticoagulation therapy to self-monitor their blood clotting time. It’s effective, convenient, and in the end, cheaper for the NHS.”

**David Cameron, UK Prime Minister** December 2011

## CoaguChek® XS Case Studies

*How has self-monitoring helped people like you?*



**Diane's  
Story**

*I can honestly say that my CoaguChek machine has made a real difference to my life.*



**Katherine's  
Story**

*To find there was a little machine which you can prick your finger with to get a drop of blood (and instant result) was just magic, absolute magic.*



**Roy's Story**

*I'm really glad that I asked about self-monitoring. I genuinely do feel in control!*

*Learn more and see other people's experiences with CoaguChek XS*

### **SelfieChek with CoaguChek XS**

Roche Diagnostics has launched the SelfieChek campaign to empower patients taking warfarin to enjoy a flexible lifestyle by highlighting how easy it is to self-monitor. The campaign asks patients who self-monitor to raise awareness of self-monitoring among other people taking warfarin by sharing their selfie photos on the SelfieChek Facebook page - join the community at:



[www.facebook.com/selfiechek](https://www.facebook.com/selfiechek)

### **Find out how CoaguChek is changing lives**



Watch and hear about the experiences of people who's lives have changed as a result of self-monitoring by visiting: <https://shop.coaguheck.com/life-stories/>

# CoaguChek® XS

*What's in the Pack?*



## What's in the pack?

CoaguChek XS meter

6 test strips

CoaguChek Softclix lancing device

20 Softclix XL lancets

4 x AAA batteries

User manual, including short instruction guide

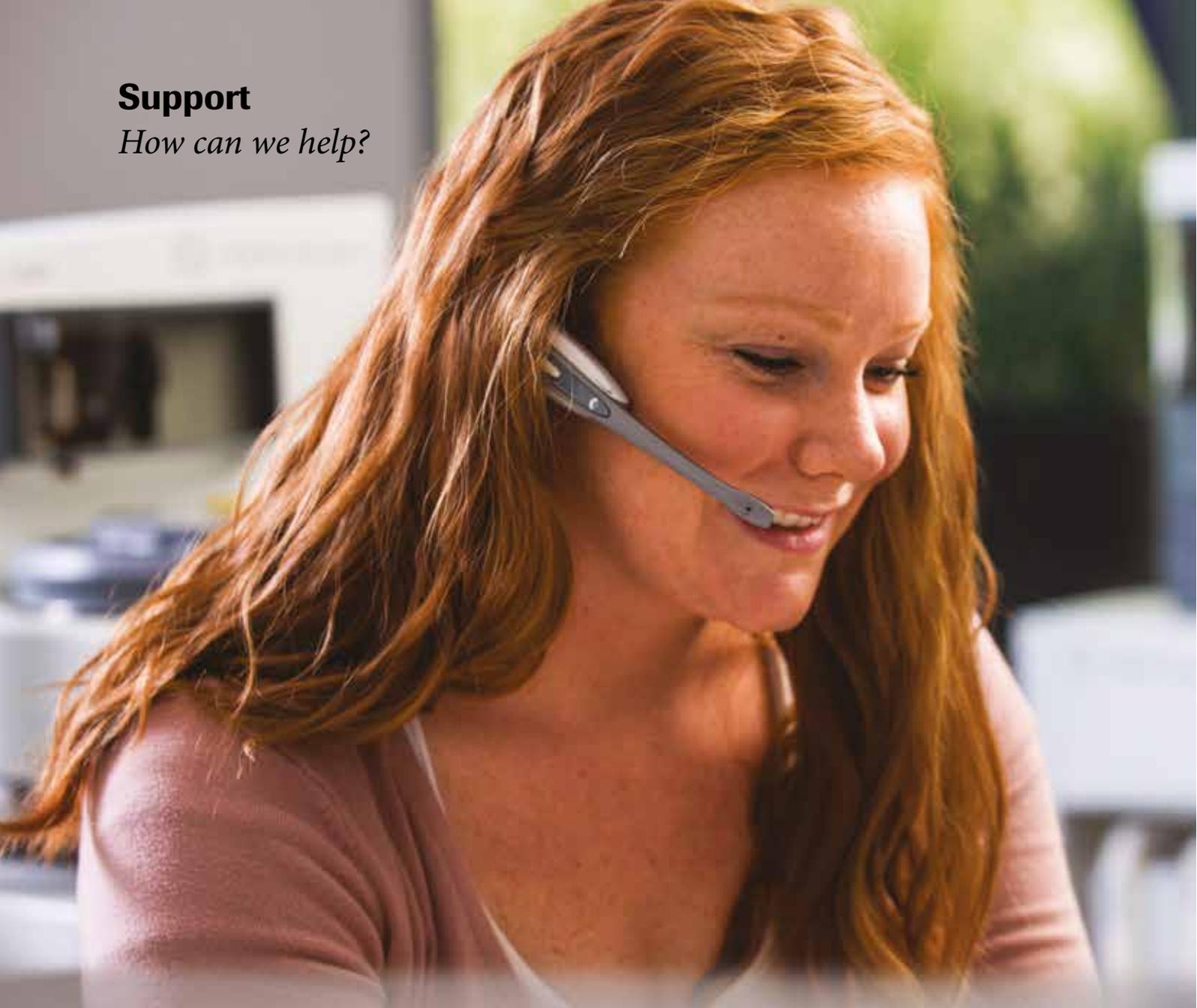
Carry case – for all of the above

## Test strips

- Unique On-Board Control System for accurate day to day running of the meter, plus no need for control solution
- Top and side strip dosing outside of meter for easier application and greater contamination control
- Test strips can be stored at room temperature (2 - 30°C)
- Available on NHS prescription (at your GP's discretion)
- Test strips available in packs of 24 and 48

## Support

*How can we help?*



**Naturally any help you need to get you started and support you along the way is provided and includes:**

- Online training suite - available at **[www.coaguchekacademy.com](http://www.coaguchekacademy.com)** with an introduction to anticoagulation and detailed training on the meter
- Freephone access to CoaguChek® careline (including one to one telephone training) and free technical support
- Videos, articles and testimonials available at [shop.coaguchek.com](http://shop.coaguchek.com)
- Start-up patient support pack including step-by-step guide and training DVD
- 2-year warranty
- Different options for payment may be available, on request (see page 11)
- Support from patient charities including  
AntiCoagulation Europe **[www.anticoagulationeurope.org](http://www.anticoagulationeurope.org)**  
Arrhythmia Alliance **[www.heartrhythmcharity.org.uk](http://www.heartrhythmcharity.org.uk)**  
AF Association **[www.atrialfibrillation.org.uk](http://www.atrialfibrillation.org.uk)**  
Children's Heart Federation **[www.chfed.org.uk](http://www.chfed.org.uk)**

# Self-Monitoring Explained

## Using CoaguChek<sup>®</sup> XS



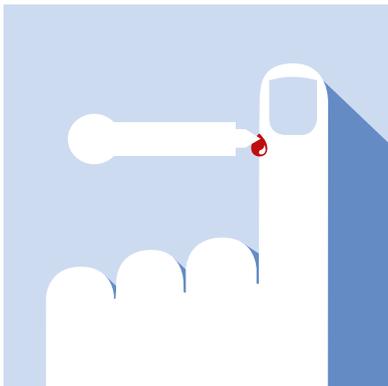
Wash and thoroughly dry your hands.



Insert test strip until you hear a beep. The meter turns on automatically.



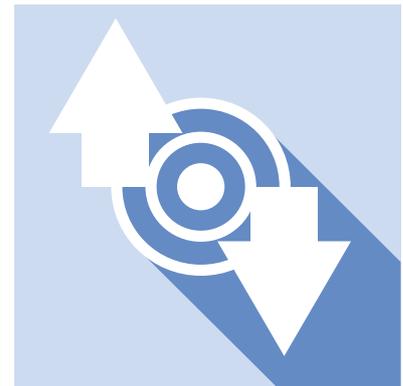
Press M to confirm the number on your test strip pack.



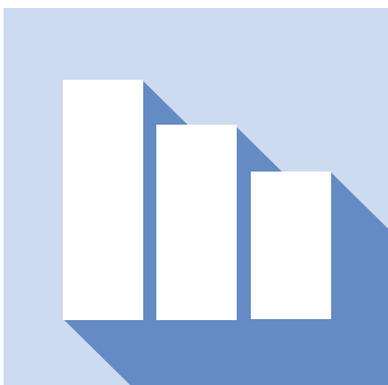
Lance the side of your fingertip with lancet and place blood sample on test strip.



On-board Quality Control System lets you know if the test was successful.



Compare your test result to your INR target range.



Results are stored automatically.

**Full instructions on how to use the CoaguChek XS are available in the CoaguChek Sales Pack\***

\*Accompanies meter on purchase. As per Version 3 of User Manual.

## Payment Options

For your CoaguChek® XS



### Order your CoaguChek XS

CoaguChek XS meter Kit - **£299\***

Make a one-off payment or take advantage of our **interest-free easy payment plan**.

0% APR representative.

- 24 X monthly payments of just £12.45\*\*
- 12 X monthly payments of just £24.91\*\*

CoaguChek XS test strips are available on prescription or you can buy online directly from Roche\*\*\*

*For more information or to place an order, please call our careline free of charge on 0808 100 7666 or visit [shop.coaguheck.com](http://shop.coaguheck.com)*

\*T&Cs apply.

\*\*Interest free Easy Payment Plan - Patient only (maximum 1 individual purchase). Individual patients can benefit from an interest free Easy Payment Plan over 12 or 24 months from as little as £12.45 per month. In these cases the patient will need to make the purchase and a credit check will be required. This finance option is provided by Hitachi Capital (UK) plc. Terms and conditions apply. Prices are correct at time of going to print (June 2015). Prices and finance options are subject to change. Finance requires credit checks before approval.

\*\*\* Test strips are required and are available on prescription (GP's discretion, prescription charges may apply). Careline operational hours are Monday to Friday from 9am to 6pm. Patients who are chronically sick are eligible for VAT exemption, for more information please refer to HM Revenue and Customs on 0300 200 3700.

Freephone careline 0808 100 7666 or visit [shop.coaguheck.com](http://shop.coaguheck.com)

# Living With Anticoagulation

## Nutrition



*Oral anticoagulants create a deficiency of vitamin k, slowing your blood's ability to clot.*

Many people being treated with oral anticoagulants such as warfarin wonder if they should restrict the amount of vitamin K they consume in their food (which might reduce the effectiveness of their warfarin). In the first instance patients should talk to their health care professional for advice.

**It is important to eat a consistent, healthy diet when taking warfarin.**

Patients taking oral anticoagulants are advised against dramatically altering their diet e.g. from eating few vegetables to a strict vegetarian or vegan diet with lots of vegetables. If you would like to make this switch, your INR should be checked more regularly during the period when the diet is being changed. A healthy and diversified diet followed by anticoagulant therapy adjusted to your personal requirements is of core importance.

What is definitely unhelpful for your INR value is irregular consumption of vegetables i.e. eating a lot of green vegetables one day and none the next.

### Does diet or alcohol affect INR monitoring?

Yes, it does. What you eat and drink can raise or lower your INR levels, so it's important to have a balanced diet while you're self-monitoring. Your healthcare professional will be able to give you further support and information with this.

### Why anticoagulation self-monitoring makes the difference

Self-monitoring coagulation allows patients to check their INR value – no matter where and when.



This means:



Security through individual testing



Awareness of dietary impact



Joy of eating

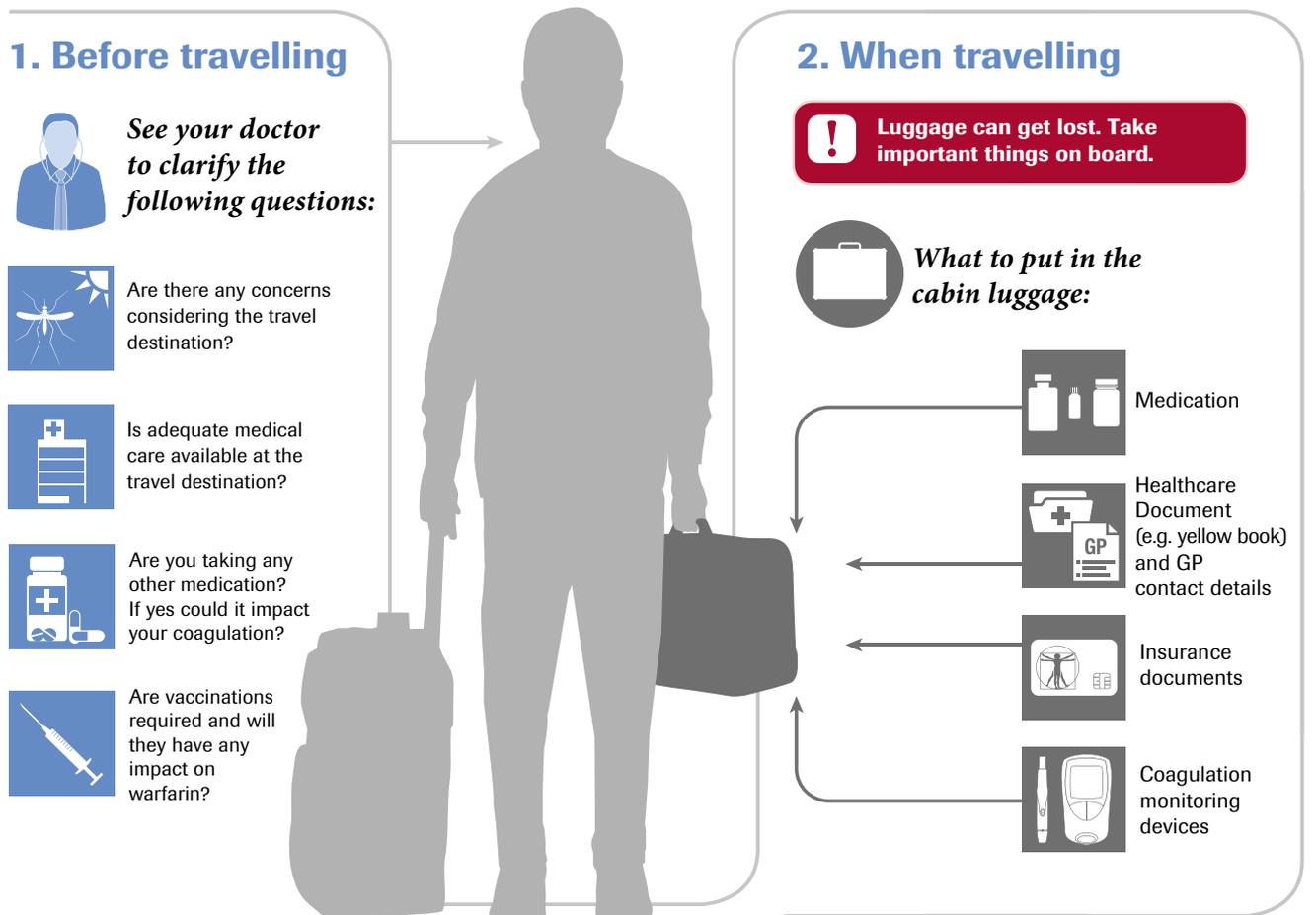
For more information regarding diet and nutrition with anticoagulation, visit:

**[www.nhs.uk/Conditions/Anticoagulants-warfarin-/Pages/Interactions---other-medicines.aspx](http://www.nhs.uk/Conditions/Anticoagulants-warfarin-/Pages/Interactions---other-medicines.aspx)**

# Living With Anticoagulation

## Travel

Airlines differ, so always check before travelling, but a letter from your doctor explaining why you require your CoaguChek as well as packing everything required in your hand luggage, is strongly advised. Storing your strips in a cool part of a room, away from direct sunlight, is also recommended (between 2 - 30°C).



### Coagulation monitoring for a safe trip

Each body responds differently to lifestyle changes. This is why it is beneficial to monitor the coagulation value (mostly as INR value) during holiday. Remember, different people will have different therapeutic ranges to stay within.

Over		<b>Risk area of bleeding</b>
In Range		<b>INR target range</b>
Under		<b>Risk area for a blood clot</b>

### 3. At the travel destination

Many things are different on vacation, and that's what we love about it. However, the holiday lifestyle can influence coagulation:

- Food
- Climate
- Physical activity

### Why anticoagulation self-monitoring makes the difference

- Self-monitoring your coagulation...
- ...allows you to check your INR value – at a time convenient to you...
- ...and gives you the freedom and security to fully enjoy your holidays.

All information applies to patients taking vitamin K antagonists.

## Frequently Asked Questions

*With CoaguChek® XS, you can monitor your INR levels accurately anytime and anywhere*

### **Is it difficult to use a CoaguChek XS meter?**

No. If you can use a mobile phone then you're unlikely to find self-monitoring any more complicated. Support is also offered by Roche Diagnostics and your anticoagulation clinic.

### **How should I store my test strips?**

They can be stored at room temperature for up to 15 months, depending on the expiry date. Keep the lid on the pot shut tightly between uses.

### **How quickly should I use the test strip after removing it from its packaging?**

You should use the test strip within 10 minutes from the time you take it from the container.

### **Should I talk to my healthcare professional before I start using a CoaguChek XS meter?**

Yes. Other medical conditions, such as high cholesterol levels, anaemia (low iron levels) and lupus syndrome may sometimes interfere with your results. Check with your healthcare professional before you make any decisions about your health and whether to buy a CoaguChek XS meter.

### **Are CoaguChek test strips available on prescription?**

Yes. CoaguChek test strips are available on prescription. This is at your GP's discretion, and prescription charges may apply. As with any decision about your health, it's best to explore your options with your healthcare professional before self-monitoring. If strips are not available on prescription in your area, you can purchase them direct from Roche via the freephone careline number 0808 100 7666 or [shop.coaguheck.com](http://shop.coaguheck.com). Strip packs are available in sizes of 24 or 48.

### **Is self-monitoring as accurate as the INR tests my healthcare professional does?**

The accuracy of the CoaguChek XS meter is equal to that of the equipment used by your healthcare professional<sup>1</sup>.

### **Is self-monitoring suitable for children?**

Yes. After a brief training course on self-monitoring, and with support from a healthcare professional, you and your child will enjoy the freedom that self-monitoring offers. As a parent, you must be prepared to take on some of the responsibility for managing their care.

### **How often should I test my INR levels?**

Everyone's different, so you should follow your healthcare professional's advice on how regularly to test. It has been shown that testing once a week increases the time spent in therapeutic range.

### **Will my CoaguChek XS meter require maintenance?**

The CoaguChek XS meter and test strips have a number of built-in quality control functions. Because of this we do not provide maintenance for your meter.

We recommend that, every six months, you ask a healthcare professional to take tests in parallel with you on a meter that uses the same technology. The healthcare professional should be enrolled in a UK-recognised external quality assurance anticoagulation programme.

### **Can I use CoaguChek XS if I'm on other medication?**

Many common medicines, including painkillers, antirheumatics, antibiotics, antidepressants, diuretics, laxatives and vitamin K, can affect your INR levels. This doesn't necessarily mean that you can't take them if you're self-monitoring. Your healthcare professional will be able to advise you on what you can and can't combine.

### **How long will I have to wait for my order to arrive?**

The standard delivery time is approximately 3-5 working days after an order is placed.

### **How do I qualify for VAT exemption?**

If you live in the UK and are taking warfarin long-term you will be entitled to VAT exemption on your meter and strips. You can find out more about this when you get to the online checkout or when you speak to the customer careline.

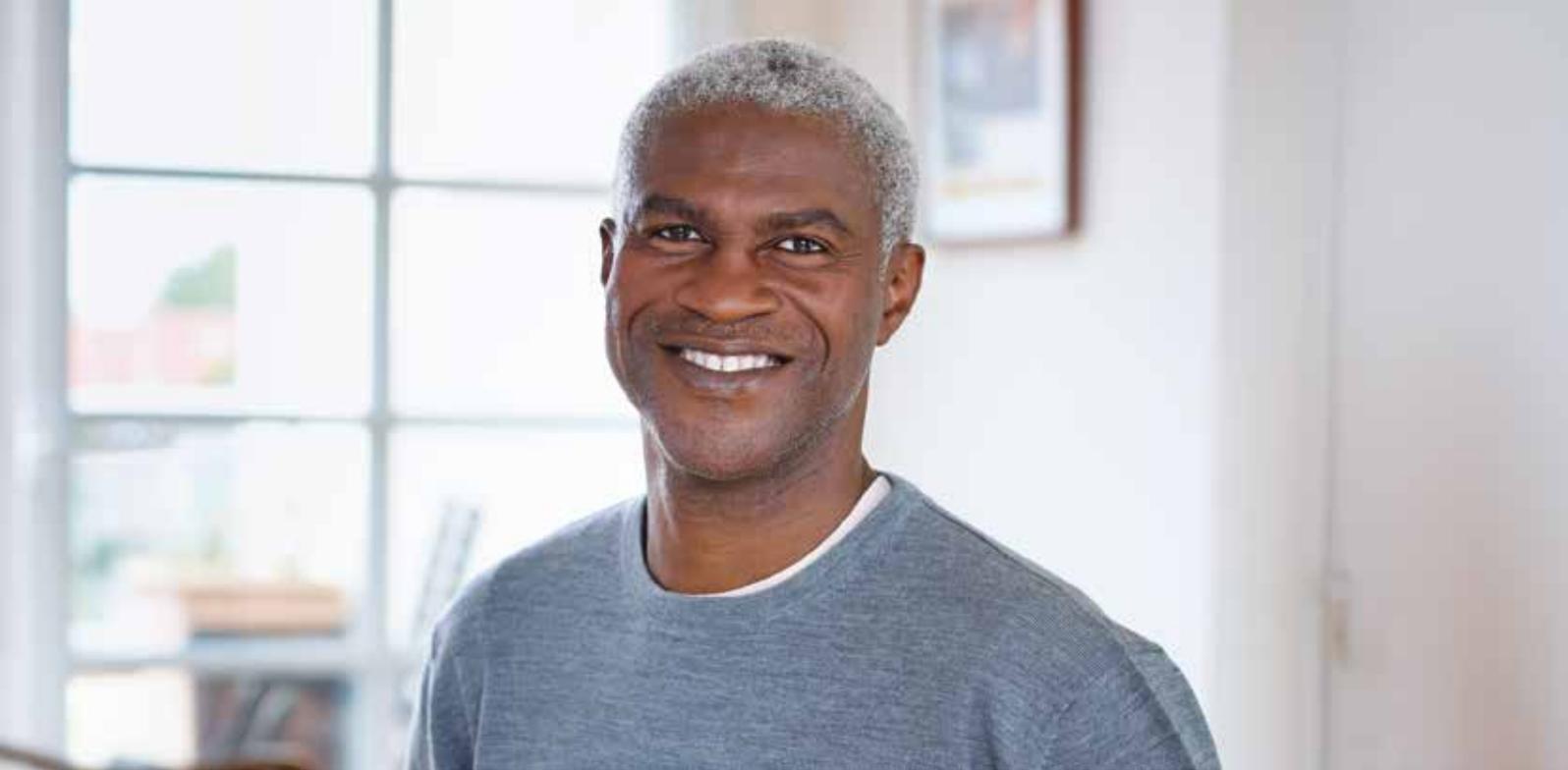
### **Can I pay in instalments?**

Provided you pass a standard credit check, you can pay for your CoaguChek XS meter through an interest-free instalment plan, spreading the cost over 12 or 24 months. Terms and conditions apply. Further information is available on page 11 of this Information Pack.

### **Our 14 day return guarantee:**

Roche Diagnostics Ltd advise all customers to watch the training video/DVD (which accompanies an XS meter purchase) before opening the meter box. We operate a 14 day return policy should you wish to return the meter in its original condition (original box unopened and the meter therefore unused), in which case we would issue a full refund.





If you'd like more information, or if you would like to purchase a CoaguChek® XS meter, please call freephone:

 **0808 100 7666**

or visit:

 **[shop.coaguchek.com](http://shop.coaguchek.com)**

 **[www.facebook.com/selfiechek](http://www.facebook.com/selfiechek)**

**References:**

1. Evaluation of the CoaguChek XS system. International Evaluation Workshop, 25th November, 2005, Heidelberg, Germany. Roche Diagnostics.
2. NICE Diagnostics guidance [DG14]. September 2014.
3. Shah, SG Robison, I Patients' perspective on self-testing of oral anticoagulation therapy: content analysis of patients' internet blogs. BMC Health Serv Res. 2011; 11(1):25

COAGUCHEK®, BECAUSE IT'S MY LIFE® and SOFTCLIX® are trademarks of Roche.  
© 2015 Roche Diagnostics Limited. All rights reserved.

Roche Diagnostics Limited, Charles Avenue, Burgess Hill, RH15 9RY, UK.  
Company registration number: 571546



**CoaguChek®**  
*Because it's my life*

