



Self-Testing Checklist for Patients



Patients who are looking for a convenient and easy way to test their PT/INR are sure to benefit from self-testing with a CoaguChek XS[®] meter.

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

From start to finish, the entire testing process takes only a few minutes of your patient's time.

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

How to perform a self-test:

1. Wash your hands in warm, soapy water. Be sure to rinse and dry thoroughly before testing.
2. Place the meter on a secure, level surface, such as a countertop or table, or hold it horizontally in your hand.
3. Insert a new CoaguChek® XS PT/INR Test strip into the meter. The meter will power on.
4. Match the code on your meter display to the code on the test-strip vial. Press the  button on your meter to confirm the codes match.
5. Wait for your meter to warm up. An hourglass icon will appear on the display. Once you hear a beep, the meter is ready. You will then have 180 seconds (three minutes) to apply blood to the clear window on the strip.
6. 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.
7. 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 PT/INR test result.
8. 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:



Secure patient website
coaguheckpatientservices.com



Automated phone system
1-800-780-0675



Wirelessly transmit results
with CoaguChek XS mPOC Kit



Live phone support
1-800-780-0675



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 PT/INR results.

If you have any questions regarding your patient's self-testing and PT/INR results, please contact CoaguChek Patient Services at [1-800-780-0675](tel:1-800-780-0675).

Changes that can affect PT/INR results can include but are not limited to:¹

- Missed doses of warfarin
- Herbal supplements
- New medications prescribed by other doctors
- Changes in diet and level of vitamin K intake
- Alcohol intake

1 - 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