

A photograph of a middle-aged woman with dark hair, wearing a light grey cardigan over a teal top and a gold necklace with a green pendant. She is standing in a library with bookshelves filled with books in the background.

**Warfarin therapy and
PT/INR monitoring**

About Patient Self-Testing

CoaguChek[®]

A graphic element consisting of a wavy line that transitions from blue on the left to red on the right.

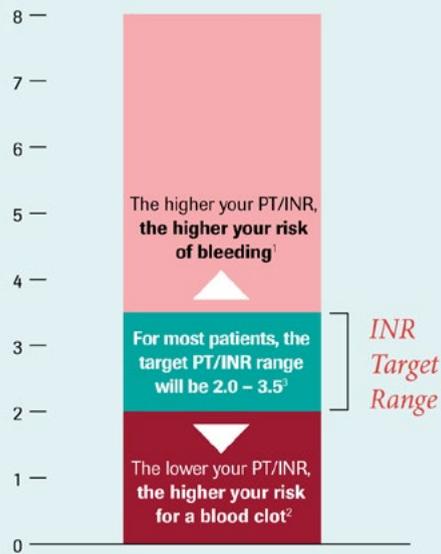
What you should know about anticoagulation therapy and warfarin

Your physician says you need anticoagulation therapy with warfarin to prevent serious medical problems, such as stroke, heart attack, or problems in the legs or lungs.¹ Warfarin is the most widely used blood thinner in the world.² The goal of warfarin therapy is to maintain the ideal thickness of your blood.

As part of your treatment, you need to routinely test your blood to identify your *prothrombin time (PT)*, reported as an *International Normalized Ratio (INR)*. This test shows how quickly your blood clots while you are taking your current dose of warfarin, which helps determine if any changes are needed in your dose.



Why is monitoring your PT/INR important?



Regular tests keep your warfarin dosage on target

As with most medications, it's important to understand how warfarin might interact with anything else you consume. Many factors can affect your PT/INR, such as Vitamin K, alcohol and other medications or supplements you take.

CoaguChek XS systems provide accurate, reliable PT/INR results in one minute, requiring just a drop of blood.





Making PT/INR monitoring more convenient with Patient Self-Testing

Patient Self-Testing (PST) allows patients to test from home, the office or virtually anywhere* they happen to be. PST can provide a more convenient and, potentially, more effective means to perform your PT/INR tests.

So **if you are stable on warfarin** and your testing schedule conflicts with travel, work, school or access to transportation, PST provides you with the power and convenience to test on your terms.

If you want to perform PT/INR self-testing, you will need a prescription from your physician to get started.

Benefits of PST

- **Convenience**—test when you need to, wherever* you are.
- **Safety**—you can trust your CoaguChek XS system to provide comparable results to laboratory testing¹¹.
- **More time in-range**⁷—timely dosage adjustments may result in more time in range reducing your risk for stroke and other complications.



* Do not use at an altitude above 14,000 feet (2.5 miles).

Self-testing with the CoaguChek XS system for PST

The same easy-to-use CoaguChek XS meter technology that healthcare professionals trust to give them fast, accurate PT/INR test results is available for patient self-testing. CoaguChek is the leading brand of point-of-care PT/INR testing technology, worldwide.

In addition, the CoaguChek XS meter is the only PT/INR meter to receive the Arthritis Foundation's Ease-of-Use Commendation.

With a CoaguChek XS meter, you can test according to your physician's instruction with a simple fingerstick and enjoy the freedom to live your life while being more actively engaged in your healthcare.



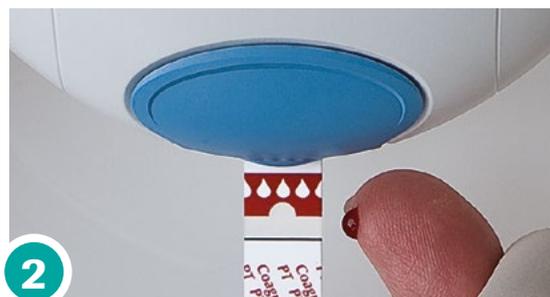
Large display and one-button operation make testing easy.

Self-testing with the CoaguChek XS meter is simple:



1

Place a test strip in the meter and it automatically turns on.



2

Prick your finger and place a drop of blood on the strip.



3

Get accurate results in about one minute.

Other benefits include:

Small, portable meter	Makes testing on the go easy and convenient
Easy fingerstick test	Requires only a small blood drop
Top- and side-dosing options	Provides flexibility to make blood application simple
One-button operation	Simplifies use
Large display screen	Reduces the chance of misreading results
Reimbursable*	Limits out-of-pocket expenses through some private and provincial health insurance plans
300-value memory	Stores test results for peace of mind
Convenience	Delivers test results in about one minute
Heparin-insensitive test strips	Can provide accurate results even if you are temporarily taking warfarin and low-molecular-weight heparin at the same time ⁹

*Consult your health insurance plan for details about reimbursement. Note that coverage under the Quebec provincial health plan requires the completion of RAMQ form 8033.

“When I first heard we were going to be able to test Dan’s INR at home I thought, wow, one or two less trips a week in the car. You welcome anything that will make your life more normal.”

—Tammy Henning, wife and caregiver,
CoaguChekT XS system user



Is PST right for you?

Patient Self-Testing begins with a conversation with your physician because PST requires a prescription. If you and your physician agree that PST is a good fit, you will be directed to a clinic or pharmacy to get started using the CoaguChek XS system.

PST does not eliminate direct contact with your healthcare providers but can result in fewer appointments. Test results must be reported regularly—and appointments are still required as directed by your physician to make therapy adjustments based on your reported results.

But PST, if properly administered, can provide a more effective, convenient approach to managing your anticoagulation therapy by receiving more timely dosage adjustments and, ultimately, spending more time in your target range.

You're an ideal candidate for PST if you are:

- Under the care of a physician who will prescribe a PST system and direct you to a clinic or pharmacy to monitor your anticoagulation therapy
- Committed to following your physician's recommendations for testing frequency and reporting procedures—or have a reliable caregiver to help you
- Finding it inconvenient to make it to your INR testing appointments (e.g., due to frequent travel, conflicts with work and/or school schedules, live far from an office or lab or because you depend on others for assistance and/or transportation)
- Taking multiple medications¹⁰
- Testing frequently (e.g., weekly) due to serious medical condition(s)
- Having difficulty with frequent venous blood draws (if you are currently tested at a lab)
- Unable to tolerate side effects from other anticoagulants

Talk to your healthcare professional to discover how self-testing with the CoaguChek XS System can help you feel confident and in control of your anticoagulation.



References

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- ⁷ Körtke H, Minami K, Breymann T, et al. INR self-management after mechanical heart valve replacement: ESCAT. *Z Kardiol*. 2001;90(suppl 6):118-124.
- ⁸ GHX Market Intelligence. Data on file at Roche Diagnostics.
- ⁹ CoaguChek[®] XS PT Test [package insert 05967694001(01)]. Indianapolis, Ind: Roche Diagnostics; 2010.
- ¹⁰ Douketis J. Patient self-monitoring of oral anticoagulation therapy: *American Journal of Cardiovascular Drugs*. 2001;1(4): 245-251.
- ¹¹ Nagler M, Raddatz-Müller P, Schmid P, et al. Accuracy of the point-of-care coagulometer CoaguChek XS in the hands of patients. *J Thromb Haemost* 2013; 11:197.

For more information

visit www.coaguchek.ca or call 1-877-426-2482

**If you want to perform PT/INR self-testing,
you will need a prescription from your physician
to get started.**

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