

*On warfarin?*



**Free up your life with  
CoaguChek® INRange**  
*CoaguChek INRange  
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

# Hello

*Thank you for enquiring about the CoaguChek® INRange 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 INRange 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 INRange meter, please call freephone 0808 100 7666 or visit [shop.coaguchek.com](http://shop.coaguchek.com)*



**Included in this pack are:**

- Contact Card with contact details
- CoaguChek INRange 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® INRange 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, a pharmacy or your GP's surgery to have your INR measured and warfarin dose adjusted to your needs. CoaguChek INRange allows you to do this yourself 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 Care Line.



# 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® INRange 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 INRange, an easy to use, portable meter that:*

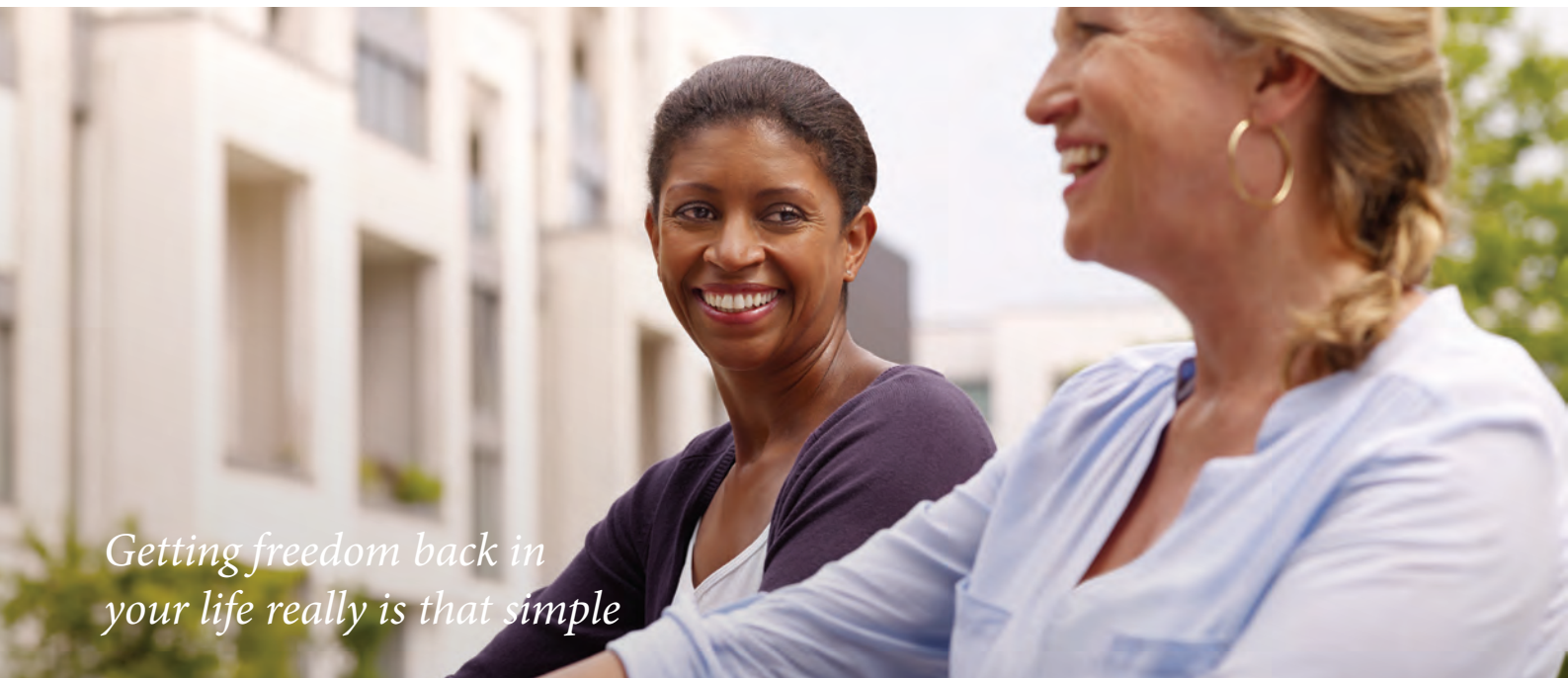
- Uses the same technology as clinic-based CoaguChek devices
- Has a proven level of accuracy and precision that correlates closely with a laboratory test<sup>1</sup>
- Allows you to set your own therapeutic range
- Is battery operated for easy operation and portability
- Self-monitoring with CoaguChek 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> INRange

- The CoaguChek INRange 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 INRange, 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, Former UK Prime Minister** December 2011

## CoaguChek® Case Studies

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

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**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*

### **SelfieChek with CoaguChek INRange**

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.coaguchek.com/life-stories/>



# CoaguChek® INRange

*What's in the Pack?*



*Self-Monitoring gives you the freedom and flexibility to test when you want*



If you self-test with a CoaguChek INRange meter, you can test at a time more convenient to you, even on holiday. This can save you time and expense by cutting down the number of clinic visits you need to make. We provide a 2 year warranty on every CoaguChek INRange meter purchase.

### **What's in the pack?**

CoaguChek INRange meter	4 x AAA batteries
6 test strips	Carry case – for all of the above
CoaguChek Softclix lancing device	User manual, including short instruction guide
20 Softclix XL lancets	



## Support

*How can we help?*



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

- Freephone access to CoaguChek® Care Line (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 - you can activate this after your purchase at [shop.coaguchek.com/warranty/](http://shop.coaguchek.com/warranty/)
- Helicon Health Limited have created eLearning courses, designed to provide the knowledge, skills and confidence to monitor oral anticoagulation therapy. Introductory modules are available free of charge and offer educational content on:
  - The benefits of self-monitoring, testing your INR using a coagulometer and how anticoagulants affect blood clotting.
  - **Visit [www.strokeprevent.live](http://www.strokeprevent.live) to learn more**
- Support from patient charities including:
  - Anticoagulation UK [www.anticoagulationuk.org](http://www.anticoagulationuk.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)

The links listed above are for patient charity websites and Helicon Health Limited training. Roche has no control over and accepts no responsibility for the content of any of these third party websites.

*Freephone Care Line 0808 100 7666 (ROI 1 800 992 868) or visit [shop.coaguchek.com](http://shop.coaguchek.com)*

# Self-Monitoring Explained

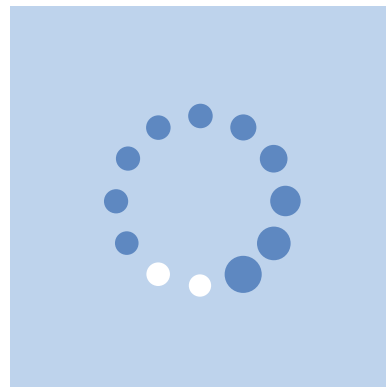
## Using CoaguChek® INRange



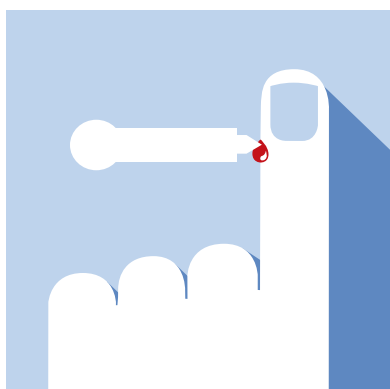
Wash and thoroughly dry your hands.



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



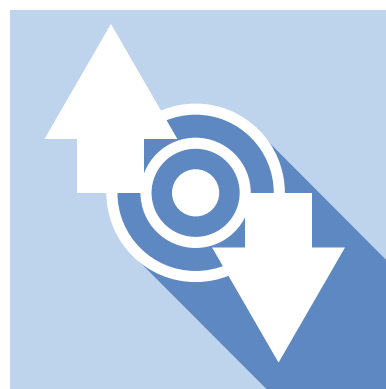
The meter reads the strip information (from the barcode on the test strip).



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



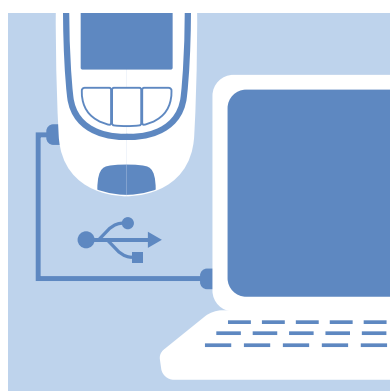
On-board Quality Control System lets you know if the test was successful.



Compare your test result to your INR target range.



View results on screen.



Results can be sent via App or USB cable if you wish.





# Payment Options

For your CoaguChek® INRange



## Order your CoaguChek INRange

CoaguChek INRange 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 INRange test strips are available on prescription or you can buy online or via the phone, directly from Roche\*\*\*

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

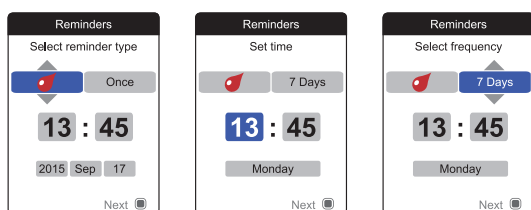
# CoaguChek® INRange

## New Features of the CoaguChek INRange



### CoaguChek INRange keeps you connected with your clinic

- **Built-in reminders** for testing, medication, and appointments to help you



- **Bluetooth technology** keeps you connected by letting you transmit your results, so you can keep on track and in range - anytime, anywhere
- **Easy-to-use app** can be downloaded free and is available in areas where the anticoagulation clinic has signed up for the service.
- If your clinic has not signed up for connectivity options or you wish to learn more, please contact the **Care Line team** who can advise

**Self-test your INR at home whilst staying connected to the clinic, giving you confidence and control of your warfarin therapy**



# CoaguChek® INRange

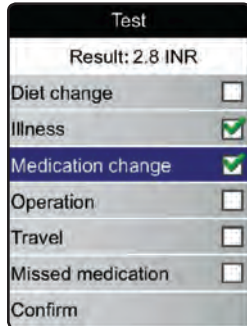
## New Features of the CoaguChek INRange

### CoaguChek INRange - Features that help day to day

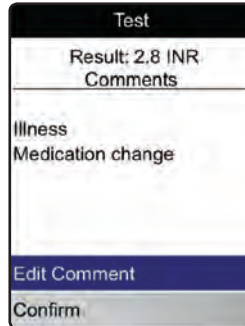
#### Adding a comment to your result:



To add a comment, highlight **Add Comment** and go to the comment list.



Use ▲▼ and ◻ to highlight, confirm and proceed with settings.



If the list of previously selected comments is correct, press ◻.



The result screen now shows the Comment symbol ✎. Test is complete.

#### What does the results screen look like:



Green bar if within target range. (Arrow shows whether results are higher or lower than before.)

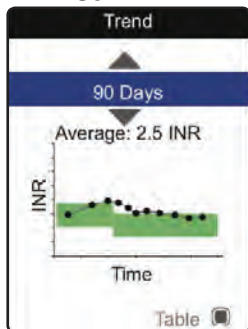


Blue bar if above target range (with words underneath).



Yellow bar if below target range (with corresponding text).

#### Viewing your results as a graph:



From the **Main Menu**, use ▲▼ to open the **My Results** menu, select **Trend** and press ◻ to display the report. The report above is shown as Graph view.

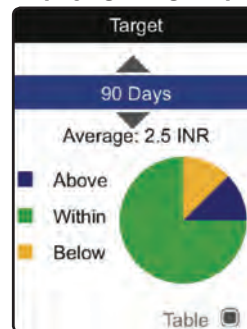
Date	INR
17 Sep 2017	2.5 INR
12 Jul 2017	2.6 INR
05 Jul 2017	2.8 INR
29 Jun 2017	2.4 INR
22 Jun 2017	2.9 INR
15 Jun 2017	2.9 INR

In Table view test results are shown in a list. The oldest date is shown at the bottom and the most recent date at the top. Use ▲▼ to select the time period you want.

Date	INR
17 Sep 2017	2.5 INR
12 Jul 2017	2.6 INR
05 Jul 2017	2.8 INR
29 Jun 2017	2.4 INR
22 Jun 2017	2.9 INR
15 Jun 2017	2.9 INR

Test results above or below the measuring range are marked accordingly. These test results appear in red in the table and are not displayed in the trend graph.

#### Displaying a Target report:



From the **Main Menu**, use ▲▼ to open the **My Results** menu, select **Target** and press ◻ to display the report.

Category	Percentage
Above	10%
Within	75%
Below	15%

Use ▲▼ to select the time period you want to evaluate. Press ◻ to toggle between graph and table display. Press the Back button to return to the **My Results** menu.

# CoaguChek® INRange

*The Connected Solution*



**Connectivity options are available in certain locations across the UK & Ireland. Details of two options are described here:**

## **LumiraDx *Engage* App**

LumiraDx now offers a range of care programmes for individuals delivered via *engage* – an easy-to-use patient app which is fully integrated with INRstar (a dosing software system used by many clinics) and designed to give patients the knowledge, skills and confidence to gain freedom and better control of their health. *engage* is available on smartphone, web and tablet.

Seamless connection – reduces data entry errors

*engage* integrates with CoaguChek INRange so that existing and new self-testers can send their INR result directly to their INRstar patient record where the clinic can review and send you back your dose

We do all the training and give you full support *engage* provides all the step-by-step training and support you need to get started with self-testing with *engage*.

### **To learn more, contact**

LumiraDx on 01209 710999 (option 2) or call the CoaguChek Care Line

Calls to this number will be charged at your standard network rate. Roche has no control over and accepts no responsibility for calls made to this number.



# CoaguChek® INRange

Connect to the clinic via an App on your phone



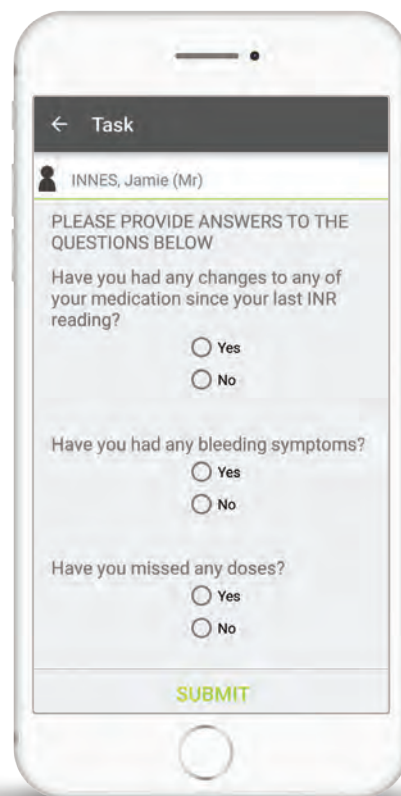
## Inhealthcare My *Inhealthcare* App

Track, monitor and manage your INR with My Inhealthcare. My Inhealthcare connects you to your nurse or doctor meaning you can receive your warfarin regime and submit INR readings wherever you are. With Bluetooth connectivity to the CoaguChek INRange device, staying on top of your INR has never been easier.

### **This handy app will enable you to:**

- Send INR readings directly to your doctor or nurse
- Review historic readings and results over time
- Receive new dosage instructions from your GP or nurse

Where the App is available, a registration code is needed to connect you to your surgery. This will have been given to you by your GP or nurse.



### **To learn more, visit**

[www.inhealthcare.co.uk/inrange](http://www.inhealthcare.co.uk/inrange) or call the CoaguChek Care Line

App connectivity options are offered by third party companies, separate from Roche Diagnostics Limited. Roche has no control over and accepts no responsibility for the content of the third party websites listed. Please note that the contact information provided above are for direct contact with the suppliers of the App connectivity options. App connectivity options are dependent on your location. To learn more, contact us via the details below

Freephone Care Line 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, look at our blog posts on the [shop.coaguchek.com](http://shop.coaguchek.com) website or visit:

**<http://webarchive.nationalarchives.gov.uk/+www.nhs.uk/Conditions/Anticoagulants-warfarin-/Pages/Interactions---other-medicines.aspx>**

The link above is not owned by Roche Diagnostics. Roche has no control over and accepts no responsibility for the content of any of this third party website.




# Living With Anticoagulation





## Travel

Airlines differ, so always check before travelling, but a letter from your doctor explaining why you require your CoaguChek meter 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).


### 1. Before travelling







**See your doctor to clarify the following questions:**

-  Are there any concerns considering the travel destination?
-  Is adequate medical care available at the travel destination?
-  Are you taking any other medication? If yes could it impact your coagulation?
-  Are vaccinations required and will they have any impact on warfarin?

### 2. When travelling


 **Luggage can get lost. Take important things on board.**

**What to put in the cabin luggage:**


-  Medication
-  Healthcare Document (e.g. yellow book) and GP contact details
-  Insurance documents
-  Coagulation monitoring devices

### 3. At the travel destination


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



Food



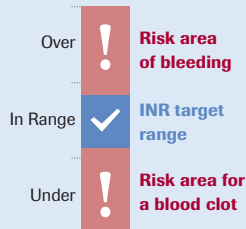
Climate



Physical activity

### 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.



### 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.

For more information and lifestyle tips, visit our blog on the [shop.coaguChek.com](http://shop.coaguChek.com) website

Freephone Care Line 0808 100 7666 (ROI 1 800 992 868) or visit [shop.coaguChek.com](http://shop.coaguChek.com)

## Frequently Asked Questions

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

### **Is it difficult to use a CoaguChek INRange 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 (2-30°C) for up to 15 months, depending on the expiry date. If collecting from a pharmacy, we advise you check expiry date before taking receipt. 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 INRange 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 INRange 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 Care Line number 0808 100 7666 or [shop.coaguchek.com](http://shop.coaguchek.com). Strip packs are available in sizes of 24.

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

The accuracy of the CoaguChek INRange 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 INRange meter require maintenance?**

The CoaguChek INRange 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's meter should be enrolled in a UK-recognised external quality assurance anticoagulation programme.

### **Can I use CoaguChek INRange 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 Care Line.

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

Provided you pass a standard credit check, you can pay for your CoaguChek INRange 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 INRange meter purchase) before opening the meter box. We operate a 14 day cooling-off period 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.

Further details of your rights of cancellation, return and refund are set out in our terms and conditions of sale, which can be found here:

**[shop.coagucheck.com/sale-terms-and-conditions/](http://shop.coagucheck.com/sale-terms-and-conditions/)**





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



**0808 100 7666**

or visit:



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



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

**References:**

1. *Evaluation of the CoaguChek INRange 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*

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