

# How to Perform a Remote INR Self-Test

Testing your INR with a CoaguCheck Vantus meter is convenient and easy

1

Wash your hands in warm, soapy water. Be sure to rinse and dry thoroughly

2

Place the meter on a secure, level surface, such as a countertop or table, or hold it horizontally in your hand.

3

Remove a CoaguCheck PT Test Strip from its container. Close the container immediately with the stopper.

4

Slide the CoaguCheck PT Test Strip into the monitor in the direction of the arrows. Slide the test strip in as far as it will go.

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 have 10 seconds 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.

#### **Tips to get a good blood sample:**

- Gently shake your arm down at your side for about 30 seconds.
- Massage the finger to be pricked.
- Warm your hand by holding it under your arm or using a hand warmer.

7

Apply the blood drop to the test strip until the meter beeps. The meter will beep again, and the results will appear on the screen — this is your INR value.

8

Report your results wirelessly to Remote INR with the Bluetooth-enabled CoaguCheck Vantus system and Remote INR portal.<sup>†</sup>

*\* The CoaguCheck Vantus system may be used up to a maximum of 13,120 feet.*