



Getting Started  
For Patient  
Self-Testing

# CoaguChek<sup>®</sup> XS System



## GETTING STARTED ►

Follow these steps to get started using the meter:

1. Watch the *CoaguChek XS System Training DVD*. It will help you get comfortable with the CoaguChek XS Meter and the testing procedure.
2. Read the CoaguChek XS Softclix lancet device package insert.
3. With this *CoaguChek XS System Getting Started* guide by the meter, follow the steps to perform your first test.

Then, as necessary, refer to the **User Manual or Package Insert**:

The *CoaguChek XS System User Manual* for Patient Self-Testing is a comprehensive guide to the meter and test strips. It is designed to provide answers to your questions about the meter's operation and use. Also, see the test strip package insert for more information.

## INSTALLING BATTERIES & SETUP ►

### 1. Open Compartment



Open the battery compartment on the back of the meter.

### 2. Insert Batteries



Insert 4 AAA batteries according to the diagram inside the battery compartment.

Right after you insert the batteries, set the date and time.

The date and time settings are important. Each time you run a test, the meter compares its date with the test strip's expiration date. If the test strip is expired, the meter displays an error message and prevents you from running a test.

Whenever you put batteries in the meter, it automatically goes to Setup mode (where you set the date and time). You can also go to Setup mode at any time by pressing the SET button (M).

## SETTING DATE & TIME ►

### 1. Start Setup

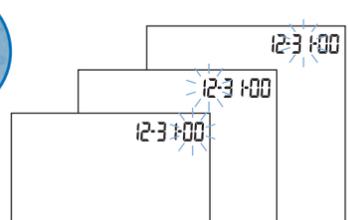


To set the date and time, use these buttons: M to change a setting and SET (M) to accept a setting.

If the meter is not already in Setup mode, press M.

The date format flashes in the upper right corner.

### 2. Set Date



Press M. The year flashes.

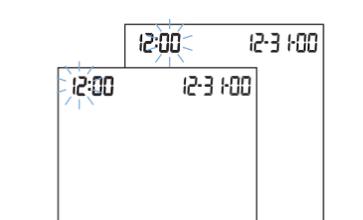
M to change the year then SET.

M to change the month then SET.

M to change the day then SET.

The time format flashes in the upper left corner.

### 3. Set Time



Press M. The hour flashes.

M to change the hour then SET.

M to change the minutes then SET.

Power the meter off (M).

### 4. Check Display



Press and hold the ON-OFF button (M).

Make sure all the letters, numbers, and symbols on the display appear correctly. Review *The Meter's Display* section in the *User Manual* to review the full display.

Release M.

Power the meter off (M).

## PREPARING FOR A TEST ►

### 1. Gather Items



- CoaguChek XS Meter
- Container of test strips
- Test strip code chip
- CoaguChek XS Softclix lancet device and white lancet

### 2. Match Code



The code number on the test strip container and the code chip must match.

Each box of test strips comes with a matching code chip. Every time you open a new box of test strips, you must replace the code chip.

### 3. Insert Code Chip



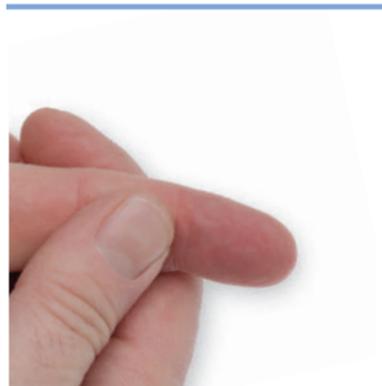
Make sure the meter is off. With the code number facing up, insert the code chip into the code chip slot until it snaps into place.

### 4. Prepare Lancet Device



Pull the cap off the lancet device. Insert a new white lancet. Twist off the lancet's protective cap. Put the cap back on the lancet device. Line up the notches for the cap to fit.

## TESTING ►



Before continuing, review these tips for getting a good drop of blood.

Increasing the blood flow in your finger will help you get a good drop of blood:

- Warm your hand. Hold it under your arm, use a hand warmer, and/or wash with warm water.
- Let your arm hang by your side.
- Massage your finger from its base.

Use these techniques until your fingertip has good color.

### 1. Wash Hands



Wash your hands in warm, soapy water.

Make sure your fingertip is thoroughly dry.

### 2. Get Ready



Take a test strip out of the container.

**Close the container tightly.**

Note: You have 10 minutes to use a test strip once you remove it from the container.

### 3. Insert Test Strip



Slide the test strip into the test strip guide in the direction of the arrows until it stops.

*The meter powers on.*

*The code number of the inserted code chip flashes on the display.*

### 4. Match Code



Confirm that the number displayed matches the number on the test strip container, then press **M**.

*If the numbers are different, first make sure that the correct code chip is inserted. If the numbers still don't match, call the Roche Diagnostics Technical Service Center at 1-800-428-4674.*

*An hourglass appears as the meter warms up. When the meter is warmed up, a flashing test strip and blood drop appear and the meter begins a countdown.*

### 5. Collect Sample



**Set the penetration depth to 5.**

Press the plunger. A yellow dot appears in the release button.

*Massage your finger until you see increased color in your fingertip.*

Keeping your hand down, press the tip of the lancet device firmly against the side of your fingertip. Press the release button.

### 6. Get a Good Blood Drop



*Gently squeeze from the base of the finger to develop a hanging drop of blood.*

After sticking your fingertip, you have **15 seconds** to apply the blood to the side of the test strip.

### 7. Apply Sample Until Meter Beeps



Find the target area on the test strip. Apply blood to the test strip from the side.

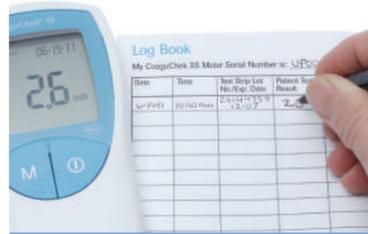
**It's important to hold the blood drop to the test strip until you hear a beep.**

The hourglass appears when the blood test begins. Then, pull your finger away from the test strip.

Remember to apply only one drop of blood—don't add more. Do not touch or remove the test strip when a test is in progress.

*The result appears in about 1 minute.*

### 8. Record Result



Record the result on the *CoaguChek XS System Prothrombin Time Self-Testing Log Book*.

Call your doctor and/or the service provider that provides your test strips and the handling of your test results.

*Note: If during testing the meter displays an error message, refer to the Error Messages section of the User Manual for what to do next.*

### 9. Clean Up



Remove the lancet from the lancet device. Place the used test strip and lancet in a puncture-proof container with a lid.

Press **⏻**. The meter powers off.

*If the meter is dirty, wipe it clean with a lint-free tissue and an approved cleaning solution. Note: See Cleaning the Meter in the User Manual for more information.*

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