

Please let us know if:

- Your dose of warfarin is amended by another doctor eg: your GP
- You commence a new medication as it may be necessary to attend for an earlier blood test
- You are going into hospital for surgery or your dentist plans tooth extraction(s)
- Your address or telephone numbers change
- It becomes difficult for you to attend clinic. Remember that you need to tell any doctor prescribing you medicine, your dentist and any other health worker that you are currently taking warfarin.

Anticoagulant Telephone numbers

Monday-Friday, 9:30am-3pm
Telephone: 01442 287875

St Albans City Hospital
Pathology
Waverley Road
St Albans AL3 5PN

Hemel Hempstead Hospital
Pathology
Hillfield Road
Hemel Hempstead HP2 4AD

Watford General Hospital
Haematology
Vicarage Road
Watford WD18 0HB

Additional Information for Patients taking oral anticoagulation

- NPSA Oral Anticoagulant Therapy – important information for patients
- NPSA Oral Anticoagulant Therapy – record book
- www.thrombosisuk.org

Further leaflets available from West Herts

- Prevention of DVT for hospital inpatients
- DVT – Answering your questions
- Anticoagulation – Frequently Asked Questions

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.uk**



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West Hertfordshire Teaching Hospitals
NHS Trust



A guide to...

Anticoagulant Clinics
Patient information

A leaflet for patients who have been prescribe oral anticoagulant therapy with warfarin or acenocoumarol.

Please remember to carry your anticoagulant alert card or record sheet with you at all times.

First appointment date:

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Time: Site:

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If you are unable to attend the above appointment, please contact the telephone number overleaf to rearrange

Anticoagulant service

This is a nurse-led outpatient service that provides comprehensive support, education, and monitoring for any patient on oral anticoagulant medication. This is usually a drug called Warfarin. Clinics supported by a nurse specialist are held on each of the hospital sites. In addition, there are 'bleed only' outreach clinics where no nurse is available.

Whilst you are taking Warfarin or Acenocoumarol, your blood needs to be monitored and you will require regular blood tests.

What happens in the Anticoagulant Clinic at this Trust?

On arrival at the clinic, please report to reception and then take a seat. You will be called by name to have your blood taken. After the blood test you can go home **unless** this is your **first** appointment in which case you will need to stay.

First visit

All new patients must wait to see the anticoagulant nurse specialist. This may mean that you will be at the clinic for one hour. You will be given important information about your condition, anticoagulant medication and how the anticoagulant service is managed. Please bring a list of your medications, including any herbal or homeopathic remedies.

It is important to tell us about any previous operations, any serious illnesses or current problems you have in relation to your health.

Follow-up appointments

Once your blood has been taken, you need not wait to see the nurse unless requested to do so. However, if you would like to see the nurse for advice you can ask to see him/her at any of the clinics. We also advise patients to see the nurse if they have recently been discharged from hospital, if they have undergone surgery or are on the waiting list for surgery. You will also see the nurse specialist at the end of your treatment when the warfarin is due to be stopped.

Initially you will have a weekly blood test but once the result is within your intended therapeutic range you will not need such frequent testing. At the bottom of every appointment letter there is a short questionnaire. Please complete and hand to the clinic staff. This is to ensure that we know about any bleeding, recent hospital admissions, missed doses or changes in medication so that we can advise correctly on any change of dose.

Warfarin supply

Always make sure that you have enough warfarin tablets. If you start Warfarin for the first time in clinic then you will be provided with the appropriate strength of tablets. However ongoing prescriptions for Warfarin should be obtained from your GP in the same way as your other medications.

How do I receive my results?

Each blood test result is recorded on a database, specifically designed to support the anticoagulant service. After every visit, the computer generates a letter that contains your result, dosage instructions and next appointment.

These letters are sent out by first class post and are checked for accuracy before posting. If your letter does not arrive for a few days, please continue with your current dose until it does arrive. Alternatively, you can receive your dose letter by email by completing an email consent form.

The results can be copied into your yellow anti-coagulant record book.