

Postal Anticoagulation

Patient Information

Haematology Service



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

Introduction

At the present time you are unable to attend the hospital anticoagulant clinic, it is still very important that your INR (international normalised ratio) blood test is done at regular intervals.

We can arrange for a District/Practice Nurse to come to your home and take your blood test; this will not be a finger prick, but a sample taken from a vein in your arm.

This "Postal Service" can be offered indefinitely or just as a temporary measure until you are well enough to return to the anticoagulant clinic.

1. Initially the Nurses from the Anticoagulant Clinic will make a request for the District Nurse to attend your home; we don't give a time, but it is usually in the morning we don't have any control of District Nurse visits. If the District Nurse does not attend on the date given contact the Anticoagulant Nurses or the District Nurses directly.
2. When the District Nurse takes your blood sample you must give him/her your yellow anticoagulant book and the blood form inside, which he/she will send to the laboratory with the blood sample.
3. Ask the District Nurse for a contact telephone number for future reference.
4. On the same evening the blood test has been taken, you should continue to take the same dose of Warfarin/Sinthrome.
5. If the blood test is within the desired range your book will be posted back to you.
6. If any changes need to be made to the Warfarin or/Sinthrome dose you may be contacted by telephone.
7. On receipt of your yellow book you must check:
 - The dose of Warfarin/Sinthrome you are to take.
 - The date of your next blood test.
8. The Anticoagulant Team will contact the District Nurse to arrange your next INR blood test.
9. Please remember to inform the Anticoagulant Nurses if there are any changes in your medical circumstances for example:
 - Any changes in your medication
 - If anyone else changes your Warfarin/Sinthrome dose
 - Any planned admission to hospital
 - If you have recently been discharged from hospital

If you have any queries, or would like more advice, please ring the Anticoagulant Nurse Specialists, on 01942 822964 (answer machine), Monday to Friday 9am until 5pm.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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