

Please use this space to write notes/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 to 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 pros and cons 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 take a look at our "how we use your information" leaflet which can be found on the Trust website:

https://www.wwl.nhs.uk/patient_information/leaflets/

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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Wrightington, Wigan and
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Postal Anticoagulation Haematology Service

Patient Information

| | |
|-------------------|------------------------|
| Author ID: | Anticoagulant Team |
| Leaflet Number: | Haem 015 |
| Version: | 5 |
| Name of Leaflet: | Postal Anticoagulation |
| Last reviewed: | August 2020 |
| Next review date: | August 2022 |



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 to 5pm.