Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Postal Anticoagulation

Version number: **6**
Last modified date: **12th November 2026**

Patient Information

Haematology Service

- Author ID: CG
- Leaflet Ref: Haem 015
- Version: 6
- Leaflet title: Postal Anticoagulation
- Date Produced: June 2022
- Expiry Date: June 2024

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.



Version number: **6**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust