

What is Anticoagulation treatment?

Contact us: Tel: 01932 722945
Email: anticoagulation.asph@nhs.net

Introduction

An Anticoagulant delays your blood from clotting, Warfarin is an anticoagulant. Taking Warfarin is safe provided you follow the **DO's** and **DON'Ts** listed in this leaflet. A letter will be sent to your GP advising them that you have commenced Warfarin, the reason why and how long your treatment should last

A blood test called an 'INR' is required to tell us how long Warfarin is delaying your blood from clotting. We will inform you by means of a dosage letter what the result of the INR is and what dose of Warfarin you must take. The letter will also advise you when your next blood test is due and provide a blood test request form.

Always carry your dosage letter with you and show it to your doctor dentist or any other medical practitioner, when obtaining treatment. Show it to your Pharmacist when you are having a prescription dispensed and when purchasing medicines 'over the counter' as a pharmacist can advise you if it is suitable

DO's

DO carry your Anticoagulant Alert Card with you at all times

DO keep your appointments for your blood to be checked. If you cannot attend tell the clinic and make another appointment.

DO remember the name, strength and colour of your anticoagulant

Warfarin tablets in the United Kingdom are : -

0.5mg. (WHITE)	
1mg. (BROWN)	
3mg. (BLUE)	
5mg. (PINK)	

Do take your tablets at the same time each day

DO inform the doctor of any bruising or bleeding problems that you are not able to deal with. For example:

Prolonged bleeding from cuts
Nose bleeds or bleeding gums
Red or black stools

Coughing or vomiting blood
Red or dark brown urine
Unexplained, excessive bruising

Tell you doctor straight away if you suffer sudden severe headache

Women may find increased bleeding during periods, or any other vaginal bleeding

DO remind your doctor or dentist that you are taking an anticoagulant if any surgery or dental treatment is needed.

DON'T

DON'T miss a dose of anticoagulant If you do, make a note of the date and tell your clinic or doctor when you next have a blood test. If you miss more than 1 dose, contact your anticoagulation clinic for advice.

DON'T take an extra dose of anticoagulant if you are unsure if you have taken your tablets. If necessary use a calendar and mark off each dose by a line through the date.

DON'T run out of tablets you can obtain a repeat prescription for Warfarin tablets from your GP. Do not run out of tablets before the repeat prescription is requested

DON'T take aspirin or any preparation containing aspirin (acetylsalicylic acid) unless this is prescribed by a doctor who knows you are taking anticoagulants. When buying any medicine over the counter, check with a pharmacist to see if it is safe to take along with your current prescribed medication. Paracetamol can be taken in normal doses while on anticoagulants. Changes in your medication should be written on the bottom slip of your dosage letter before your next blood test

DON'T go on crash diets marked changes in the amount you eat can influence your INR. Be moderate and consistent when planning your meals. There are certain foods that will have a greater impact than others on your INR result (see 2nd leaflet)

DON'T take more than moderate amounts of alcohol marked changes in consumption can be dangerous

PREGNANCY Oral anticoagulants taken in the early weeks of pregnancy carry a small risk of damaging the unborn child. If you are a woman of childbearing age receiving anticoagulants you should not start a pregnancy without consulting your doctor, who will be able to decide whether or not you should continue your anticoagulation therapy. If you find that your period is one week overdue, and you think you may be pregnant, you must see your doctor straight away.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you still remain concerned, the team can inform you of our complaints process.

Author: Anticoagulation Nurses

Department: Anticoagulation Team

Version: 4

Published: Jul 2016

Review: Jul 2018

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
जे उदाहृ उवनेमे सी लेउ वै उं बिरधा अरवे एिम नैषर उे डेन अवे: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk