

# What is Anticoagulant Treatment?

## Additional Information from the Anticoagulation Nurses

### Do

- Always hand over the bottom slip from your dosing letter with every blood test.
- A new dosing letter will then be sent to your home address within three working days. If not received within three working days please telephone anticoagulant clinic for another copy.
- Until dosing letter received, please continue with your current dose of anticoagulant.

Email (Only available to those with printer facility)

- Print a copy of your emailed dosage letter and hand it over for the blood test

### Things Not to Do

- **Don't** have INR blood test on Fridays, Weekends or Bank Holidays.
- **Don't** run out of anticoagulant tablets. Obtain repeat prescriptions from your GP
- **Don't** take non-steroidal anti inflammatory drugs such as Neurofen, Brufen or Ibuprofen. Any medication brought over the counter should be checked with pharmacist to ensure it is safe to take with anticoagulant treatment.
- **Don't** take herbal medicine, cranberry juice or green tea whilst on anticoagulant medicine
- **Don't** eat any of the following vegetables more than 3 times per week:  
Broccoli, spinach, watercress, cabbage, brussel sprouts, rocket, kale and swiss chard leaf
- **Don't** take more than a small amount of alcohol i.e. 2 units for women and 3 units for men per day

1 unit = 1 small glass of wine, ½ pint of beer or 1 pub measure of spirit

## 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](mailto:asp-tr.patient.advice@nhs.net). If you still remain concerned, the team can inform you of our complaints process.

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Department: Anticoagulation Team

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## Contact Details for the Anticoagulation Clinic

Tel: 01932 722945

Email: [anticoagulation.asph@nhs.net](mailto:anticoagulation.asph@nhs.net)

**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۔  
ਜੇ ਤੁਹਾਨੂੰ ਤਰجمੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553  
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں 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

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**Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)**