

Welcome to Wolverhampton City Community Anticoagulation Service

Service aim

We aim to provide patients who require **oral** anticoagulant therapy with a comprehensive service that includes general anticoagulation advice, blood monitoring and anticoagulation medicine dosing and review.

What is anticoagulation medicine?

Warfarin and Direct Oral Anticoagulant (DOAC) mainly Apixaban and Rivaroxaban are the most commonly prescribed medicines that are taken orally (by mouth). However, other anticoagulant medicines such as Sinthrome may occasionally be prescribed as an alternative.

What does anticoagulation medicine do?

The goal of anticoagulation medicine is to reduce the risk of blood clots forming, as these can break off and block a blood vessel thereby disrupting the flow of blood around your body and possibly causing a stroke, pulmonary embolism or deep vein thrombosis. It is important to note that research has shown that anticoagulant treatment can prevent approximately 6 out of 10 strokes.

Are there any risks involved?

There are nearly always side effects to any treatment. Anticoagulation medicine works by interfering with the clotting mechanism of the blood and it prolongs the time it takes for your blood to clot, therefore it can occasionally cause bleeding complications. Other side effects include:

- Rash
- Hair thinning

Your anticoagulation nurse will discuss these side effects with you at the first appointment and will be more than happy to answer any of your questions in regard to this.

Shared decision making

It is important that you are fully involved in the choice about your anticoagulant treatment. We offer a full education package to ensure all patients understand the benefits versus the risks of anticoagulation medicine to ensure patient safety and if you have any concerns it is important you discuss this with the anticoagulation nurse.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What will happen when I attend for my appointment?

If you are on Warfarin / Sintrome your blood will be tested to determine your INR (International Normalised Ratio). INR means the rate at which your blood clots; put simply the higher the number the longer it will take for your blood to clot.

We determine your INR by taking a small drop of your blood from your thumb and use a machine to measure your INR. You will then see the nurse who will ask you if there has been any changes to your medication, lifestyle or diet since your last review appointment.

If you are on a Direct Oral Anticoagulant (DOAC) you will have had a full blood test completed prior to your appointment to measure your liver and kidney function and your full blood count. You will then see the nurse who will ask you if there has been any changes to your medication, lifestyle or diet since your last review appointment.

The nurse will then:

For patients taking Warfarin / Sintrome

- Tell you what your INR is
- Tell you what dose of Warfarin you must take until your next appointment
- Tell you when your next appointment is

For patients taking a DOAC:

- Tell you what your blood test results are
- Take an up to date weight
- Ensure your dose is correct and doesn't need changing
- Give you a new blood form ready for your next appointment
- Tell you when your next appointment is

Patient responsibility

It is essential you are aware of your own responsibility in regard to anticoagulation, which includes:

- Taking your Anticoagulant medicine as advised by the nurse
- Informing the nurse of any changes
- Attending appointments when we ask you to

Missed appointments

If you miss your appointment and do not inform us we will write to you with a new appointment. However, if you miss two consecutive appointments, no further appointment will be made and you will be referred back to your GP.

Further information

Information for patients

The anti-coagulation service has a medical Consultant lead and is comprised of clinical specialist nurses with support from clinical support workers.

The service operates from 08:30 – 16:30 Monday to Saturday.

If you find you cannot attend your appointment and need an alternative date or you need to contact the anticoagulation administration team, please call - 01902 444092

08:30 – 16:00 Monday to Friday.

Anticoagulation Nurse helpline

The community Anticoagulation Nurse is available to discuss any queries or problems relating to your medicine's.

08:30 – 16:00 Monday to Friday.

Contact number 01902 444092

You may also need to call the helpline if you are requested to attend a community phlebotomy clinic for a blood test as these clinics will only tell you the INR result but not the amount of anticoagulation medicine to take. You must take your Yellow Anticoagulation book with you in order to be seen. Following your INR result you will then need to telephone the anticoagulation nurse for advice on the amount of anticoagulation medicine to take.

When you call the helpline you may hear an automated message. Please select the correct option.

- Press 1 for appointments and enquiries
- Press 2 for INR results or dosing enquiries

If you have symptoms of severe bruising or bleeding, attend your local emergency department or phone Urgent Care on 111.

The Wolverhampton Anticoagulation Team operates from a number of sites across the city. Please ask your anticoagulation nurse for details.

Home visits

There is limited capacity and a strict criteria for home visits and they are only available for patients who are considered clinically housebound.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。