

## Clinic attendance

It is important to attend clinic appointments in order that your anticoagulation can be managed safely. Please have your blood test done on the date in your yellow book unless prior arrangements have been made.

## Appointments

If you miss an appointment for any reason it is your responsibility to book another.

## Staff

The anticoagulation clinic is overseen by a haematology consultant.

**Anticoagulation clinical nurse specialist:**  
Sandra Cope, RGN

**Anticoagulation nurse:**  
Suzette Chisman RGN

**Anticoagulation administrators:**  
Debra Hughes

Bedford Hospital NHS Trust  
South Wing  
Kempston Road  
Bedford, MK42 9DJ

Useful numbers:

General enquiries: **01234 795736**  
Anticoagulant queries: **01234 355122 ext. 5938**  
Transport: **01234 355122 ext. 2668**  
NHS Direct: **08454647**

[www.bedfordhospital.nhs.uk](http://www.bedfordhospital.nhs.uk)

## Anticoagulation Clinic

### Advice for Patients



### Information and advice for patients taking oral anticoagulation therapy

Your doctor has advised anticoagulant treatment for you which means that you will need to take a drug called Warfarin which slows the clotting of the blood. At the anticoagulation clinic we will carry out regular blood tests to make sure the dose of Warfarin that you are taking is right for you.

This leaflet will advise you of the important points to consider when taking Warfarin to ensure that your treatment is managed safely.

## Anticoagulant therapy yellow record book

Always carry your yellow book or an alert card with you and ensure that you show it to your doctor, dentist or pharmacist before you receive any treatment or medicine.

## Supplies of Warfarin tablet

Please go to your GP to obtain a further supply of Warfarin tablets **before** you run out and ensure that you take your yellow anticoagulant therapy book to show your GP.

## Concordance

It is important that you take your Warfarin tablets at about the same time every day. If you miss a dose do not take a double dose to make up for it, but tell us at your next clinic visit or write a note in your yellow book if you are on the postal system. If necessary, use a calendar and mark off each dose by a line through the date. This way you will be unlikely to miss a dose.

## Aspirin and Nurofen (Ibuprofen)

**Never take Aspirin or Nurofen** tablets unless instructed by a doctor who knows you're taking Warfarin.

**Paracetamol is safe** if you need to take something for minor pain. A few patients on Warfarin are specifically advised to take Aspirin, however your doctor should discuss this with you.

## Changes to your other medication

Certain tablets and medicines can interfere with Warfarin. It is very important that you contact us at the clinic if you have started taking any new medication, either, prescribed by your GP or the hospital, or that you have bought yourself. This includes alternative medicines.

You should also avoid any major diet changes. Try to keep a normal healthy diet and avoid overeating, missed meals or binge eating. You should also avoid cranberry juice as it may cause your INR to go out of control.

## Pregnancy

Taking Warfarin during pregnancy may harm an unborn child. If you are planning a pregnancy please speak to a doctor or anticoagulation nurse beforehand. If you think you are pregnant, please contact the consultant haematologist or the anticoagulation nurse as soon as possible.

## Smoking

Smoking should be avoided as it is extremely detrimental to your health.

## Alcohol

Small amounts of alcohol drunk regularly are acceptable within government guidelines however, heavy drinking, especially irregularly is dangerous and should be avoided.

## Side effects

Side effects from taking Warfarin are uncommon. Occasionally a rash can occur, very occasionally thinning of the hair can occur and a small number of patients reported diarrhoea. If you experience any side effects please let the clinic know.

## Bleeding

If you experience any abnormal bleeding or bruising, please inform your GP or go to your nearest A&E department. Always inform the anticoagulation clinic if you have any bleeding or bruising or if you have been in hospital for any reason.

## Special procedures

If you are booked to have surgery or dental treatment, please inform the anti coagulation clinic at least one week in advance of the proposed date of the procedure so they may advise you. Please inform the anticoagulation nurse if you are sent an appointment to have a DC cardioversion—ask if you are unsure.