

Open Access Anticoagulant Clinics

This leaflet explains more about open access anticoagulant clinics. If you have any further questions, please speak to a doctor or nurse caring for you.

What are open access anticoagulant clinics?

You can come to these clinics for a blood test for warfarin control at a date and time to suit you within a certain week.

This will mean that you no longer need to regularly attend the standard anticoagulation clinic at St George's Hospital, although we will continue to be responsible for dosing your warfarin.

Who can attend the clinics?

To attend the clinics you must:

- have a telephone number and be able to understand instructions given over the telephone
- be able to read English
- have a permanent address.

What happens at the clinics?

When you receive your appointment you will be given a date. You can come to an open access anticoagulant clinic any day that week, Monday to Friday (times vary and are given below).

We will take blood by pricking your finger or by taking a sample from a vein in your arm.

The blood sample or test result is sent with your yellow book to St George's Hospital so dosing can be done by the anticoagulant nurses.

If you need to make significant dose changes we will telephone you that day.

You will not have to wait at the clinic for your yellow book to be returned. The book will usually be posted back the same day by first class post.

You should **check the dosing** in your yellow book when you receive it in case your dose has been changed.

Please note:

If you have a finger prick blood test and the international normalized ratio (INR) blood test result is high, you may need a second sample taken from a vein in your arm (a venous blood test).

If you have bleeding or bruising you may be asked to wait for the venous blood test result in case you need medical treatment.

If your GP or consultant has asked for other blood tests, the INR blood test will be taken from the arm.

You should keep an old yellow book or a copy of your most recent results and dosing with you while your current yellow book is being processed in case of emergency.

Where and when can I go for my blood test?

St George's Hospital

Blackshaw Road, London, SW17 0QT
Blood test room, ground floor, Lanesborough wing

Monday to Friday, 8am to 4.30pm.

St John's Hill Therapy Centre

162 St. John's Hill, London, SW11 1SW
Blood test room

Monday to Thursday, 8am to 4.15pm.

Nelson Medical Practice

Point of care test finger prick service

Kingston Rd, London, SW20 8DA

Wednesday, by appointment only, 9am to 11.45pm.

You can also have a blood test at one of the following health centres even if you are not registered there:

Balham Health Centre

120 Bedford Hill, London, SW12 9HS

Monday to Friday, 8.30am to 12.15pm.

Brocklebank Health Centre

249 Garratt Lane, London, SW18 4DU

Monday to Friday, 8.30am to 12 noon.

Southfields Group Practice

492 Merton Road, London, SW18 5AE

Monday to Friday, 8.30am to 12 noon.

Your own GP may also offer blood testing by appointment.

What do I do if I need to see a doctor or nurse?

You may be asked to attend the standard clinic to see a doctor or nurse if:

- you have recently been an inpatient
- you are due to have surgery or another hospital procedure that means your anticoagulation needs to be adjusted
- you have bleeding or bruising
- you need to be reviewed by the doctor or sister
- your anticoagulant control is unstable.

If this happens, contact the anticoagulant clinic using the details below and ask for an appointment at the standard clinic.

What do I need to tell the clinic about?

Please let the clinic know immediately if you:

- change your address or telephone number
- change your medications including herbal or alternative medications
- have any bleeding or bruising
- cannot attend your appointment

- are about to have any surgical, dental or other invasive procedure.

Useful sources of information

Anticoagulation UK

<http://www.anticoagulationuk.org/>

Contact us

If you have any questions or concerns about the open access anticoagulant clinics, please contact the anticoagulant sisters on 020 8725 5443 (Monday to Friday, 9am to 5pm). For appointments, contact 020 8725 5480 and for transport contact 020 8725 0808 (Monday to Friday, 9am to 5pm).

Out of hours, please contact the St George's Hospital switchboard on 020 8672 1255 and ask for the on-call haematology registrar.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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