

# Open Access INR Test

**This leaflet explains about open access INR tests. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is an open access INR test?

You can have an INR 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 anticoagulation clinic at St George's Hospital, although we will continue to be responsible for dosing your warfarin.

## Who can have open access INR test?

You must:

- be assessed by a clinical nurse specialist before switching to open access
- 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 with the open access INR blood test?

A blood sample will be taken 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 anticoagulation nurses. If you need to make significant dose changes, we will telephone you that day.

You will not have to wait after your blood is taken for your yellow

book to be returned. The book will be posted back usually 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. Your yellow book will be posted back to you with your next appointment date for your next blood test. You can come to an open access INR blood test any day that week, Monday to Friday (times vary and are given below).

**Please note:**

If your INR result is low or high you may be asked to come in to clinic.

You should keep an old yellow book and 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 INR 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 Therapy Centre**

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

Blood test room

Monday to Thursday, 8am to 4.15pm.

**Nelson Medical Practice**

**Blood test room**

Kingston Road, London, SW20

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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 12.00 noon

### **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 anticoagulation 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 nurse
- your anticoagulant control is unstable.

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

[Anticoagulant medicines - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## Contact us

If you have any questions or concerns about the open access anticoagulant clinics, please contact the anticoagulation nurse specialist 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](http://www.stgeorges.nhs.uk)

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## 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 wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto: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](http://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

## **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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