

# What is Anticoagulant Treatment?

## Additional Information from the Anticoagulation Nurses

### Things to 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.

### 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, it may take a few days to obtain your prescription.
- **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 products with anticoagulant medication.
- **Don't** drink cranberry juice or green tea.
- **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 glass of wine (small)  
or  
1 pub measure of spirits  
or  
½ pint beer

## 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 Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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**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 یا شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ने उदात्त उतनामे सी लेज वै उं विवधा वववे एिम नैवत उे वेन ववे: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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