

# The specialist anticoagulant pharmacist clinic

**This leaflet explains more about the specialist anticoagulant pharmacist clinic that you have been referred to. If you have any further questions, please speak to a doctor or nurse caring for you.**

## Why have I been referred to this clinic?

The most common reason for referral to this clinic is following a diagnosis of an irregular heart rhythm, known as atrial fibrillation (AF). Anticoagulation (blood-thinning) therapy is a long-term strategy for stroke prevention, which can be a complication for patients with AF. You will have been referred by your GP, current anticoagulant service provider, or by a specialist in the hospital (for example, from a clinic or ward stay).

## What is the anticoagulant pharmacist clinic?

This service has been established for those who require or have recently been started on anticoagulation (blood-thinners) for stroke prevention in atrial fibrillation (AF). This includes medicines such as direct oral anticoagulants (DOACs) and warfarin. There are four DOACs licensed in the UK for stroke prevention in AF: rivaroxaban, apixaban, edoxaban and dabigatran. You may or may not have been started on one of these medicines prior to this appointment. Together we will decide which treatment is best suited to you. If you are currently on warfarin, we can discuss whether switching to a DOAC is suitable for you. You will be seen by a specialist pharmacist where you will have a discussion about what atrial fibrillation is and its relationship with stroke, the need for anticoagulation, how to take your anticoagulant, what to do if you miss a dose, side effects, and assess for any interactions with your current medication. We are also happy to answer any questions you may have about your anticoagulation.

## Where do I need to go?

You will be asked to attend Tabard Outpatients (ground floor, Tabard Annexe), in Guy's Hospital. You will have an initial appointment followed by a second appointment six to eight weeks later to ensure you are happy and stable on your treatment. Following this, you will be discharged back to your GP who will perform annual reviews of your anticoagulation in the long term. If you require hospital transport in order to attend your appointment, please call the patient transport service at least 48 hours before your appointment on **t: 020 7188 2888** (Monday to Friday, 8am-6pm).

## What do I need to bring with me?

Please bring with you a current list of your prescribed medication and any medicines, including herbal/homeopathic/supplements, which you may buy from your local pharmacy or supermarket. We will discuss a lot of information, including details of your medical history, and involve you directly in decisions about your anticoagulation. If you think you may be unable to do this by yourself, please arrange for a friend, relative or carer to attend with you.

## Useful sources of information

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

For more information on atrial fibrillation and anticoagulation, please visit  
**w:** <http://www.heartrhythmalliance.org/afa/uk/>

For more information on the individual DOACs, please visit the websites below.

Rivaroxaban **w:** [www.nhs.uk/medicines/rivaroxaban](http://www.nhs.uk/medicines/rivaroxaban)

Apixaban **w:** [www.nhs.uk/medicines/apixaban](http://www.nhs.uk/medicines/apixaban)

Edoxaban **w:** [www.nhs.uk/medicines/edoxaban](http://www.nhs.uk/medicines/edoxaban)

Dabigatran **w:** [www.nhs.uk/medicines/dabigatran](http://www.nhs.uk/medicines/dabigatran)

Warfarin **w:** [www.nhs.uk/conditions/warfarin](http://www.nhs.uk/conditions/warfarin)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am-5pm

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets), or **e:** [patientinformationteam@gstt.nhs.uk](mailto:patientinformationteam@gstt.nhs.uk)

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