

2015

Instructions for DVT or PE Management

DGH Emergency Department

Instructions for Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) Management

Day 1: _____

- Warfarin: 10 mg (take at supper)

Day 2: _____

- Warfarin: 10 mg (take at supper)

Day 3: _____

- Blood work (in the morning)
- Warfarin: _____ (The Anticoagulation Clinic will call you and tell you what dose to take.)

Day 4: _____

- Warfarin: _____ (The Anticoagulation Clinic will call you and tell you what dose to take.)

Day 5: _____

- Blood work (in the morning)
- Warfarin: _____ (The Anticoagulation Clinic will call you and tell you what dose to take.)

The VON will call you to set up a time to give you your Fragmin® injection.

If you have any questions, please ask.
We are here to help you.

Weekends and holidays:

If your blood work is due on a weekend or a holiday, the Anticoagulation Clinic will make an appointment at the lab for you. They will also make arrangements for the Medical Day Unit to review your blood work and call you with the dose of warfarin you need to take. Please talk about this with the Anticoagulation Clinic staff before the weekend or any holiday.

Blood work:

Have blood work done in the morning. This is so the lab can finish the tests and the Anticoagulation Clinic can call you with the results and the dose of warfarin to take.

Warfarin:

Take at supper time each day (5 p.m.).

Internal medicine:

Dr. VanZoost's or Dr. Duke's office will call you to set up an appointment within a week.

Important numbers:

Anticoagulation Clinic: 902-473-7985

Dr. VanZoost: 902-434-1500 ext 102

Dr. Duke: 902-465-8704

Medical Day Unit: 902-473-8577 (This unit covers for the Anticoagulation Clinic on weekends and holidays.)

VON: 1-866-508-0563

Anticoagulation Clinic

Staff will monitor your blood work. They will tell you what dose of warfarin to take and when you need to have blood work done again. They will tell you when the Fragmin® injections can be stopped.

Papers to take with you:

- Prescription for Fragmin®
- Prescription for warfarin
- Requisition form for blood work
- Pamphlet called *Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE)*
- Pamphlet called *Warfarin Sodium: an Oral Anticoagulant*

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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