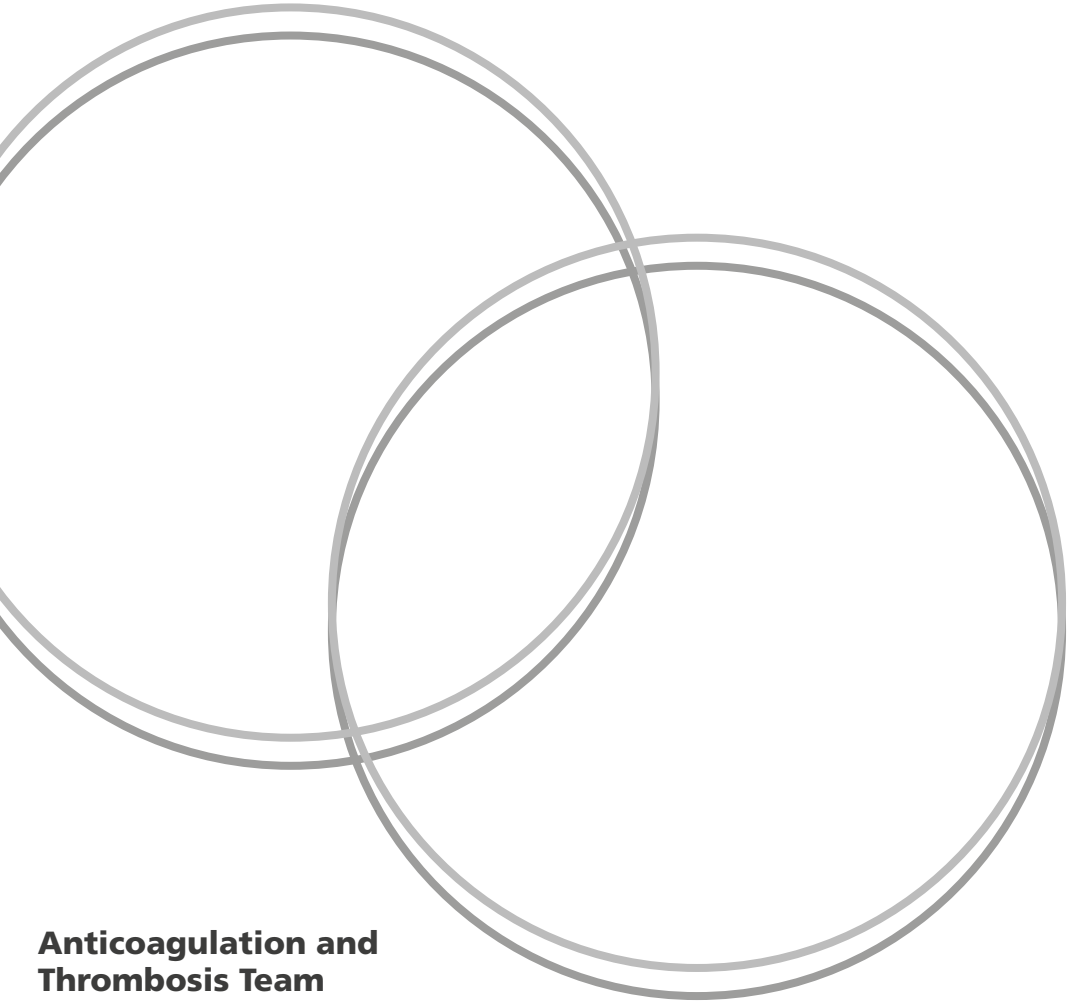
Oxford University Hospitals
NHS Foundation Trust

# Information for patients coming to the DVT Clinic

**Information for patients**



**Anticoagulation and Thrombosis Team**

# What is a Deep Vein Thrombosis (DVT)?

A DVT is a blood clot that forms in a deep vein, usually in the leg. Veins are the blood vessels that take blood towards your heart.

Deep leg veins are the larger veins that go through the muscles of your calf and thigh. A DVT is a blood clot that partly or completely block these deep veins.

# Information about the DVT Clinic

This is an outpatient service for the diagnosis and treatment of DVT. It is based in the Oxford Haemophilia and Thrombosis Centre at the Nuffield Orthopaedic Centre in Headington, Oxford.

You are likely to have been referred to the clinic by your General Practitioner (GP). Your GP will arrange an appointment time and give you a letter, which you should give to the receptionist when you arrive.

There are limited 'disabled' parking spaces outside the entrance to the centre, which you may use. Please give your car registration to reception.

Please allow about two hours to be assessed and have tests. If you are found to have a DVT you will need to stay longer.

At the weekend and on Bank Holidays the DVT Clinic is held at the Bone Marrow Biopsy Room on the Haematoloy Ward on Level 1 in the Cancer and Haematology Centre at the Churchill Hospital.

Please park in car park 1, and once inside take the stairs or lift to level 1. At the top of the stairs there is a long corridor to your left with some wooden benches on it, please take a seat on the wooden benches and a nurse will come to get you.

# What should I expect?

## Nursing assessment

You will be seen by a specialist Thrombosis Nurse, who will assess you to find out whether you are likely to have a DVT. This assessment includes examining your legs and asking you about your symptoms and medical history.

## Blood test

You may have a blood test (which is known as a D-dimer test). This involves taking some blood from a vein in your arm. This test helps us to calculate your risk of having a DVT.

For some patients a negative result from this blood test may mean that you are unlikely to have a DVT and your symptoms, such as pain or swelling, are likely to be caused by something else. You may be advised to go back and see your GP.

If the result is positive it means that you may have a DVT, but not that you definitely do. A positive result can be caused by other things, such as infection or inflammation. The Thrombosis Nurse will explain your blood test results to you.

## Ultrasound scan

If a DVT cannot be excluded with a D-dimer blood test, you will have an ultrasound scan. Usually only the upper part of your leg is scanned (behind your knee and thigh), even if your symptoms are in your lower leg. This is because clots extending above the knee are the important ones that must be treated. The symptoms you have in your lower leg may be there because of a clot in your upper leg.

If your ultrasound scan shows that you do not have a DVT in your upper leg, you may need to come back after one week for a second scan. This will be explained to you by the Thrombosis Nurse.

# What happens if I can't get a scan on the day I am referred?

You will usually have an assessment on the day that you are referred, but if you are referred in the afternoon you may not be able to have an ultrasound scan until the following day.

If this happens, you may be given an anticoagulant as either a tablet or an injection. Anticoagulants are used in the treatment of DVT, to help extend the length of time it takes your blood to clot. You will be given this medication before your first scan, in case you do have a DVT. You may be given it by your GP or in the Emergency Department, before you come to the DVT clinic.

# What happens if I am diagnosed with a DVT?

If a DVT is confirmed you will be seen by a doctor and will be started on treatment.

A separate leaflet called 'Information for Patients with a Confirmed Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE)' gives more information about this.

# How to contact us

If you have any questions or concerns, please contact us.

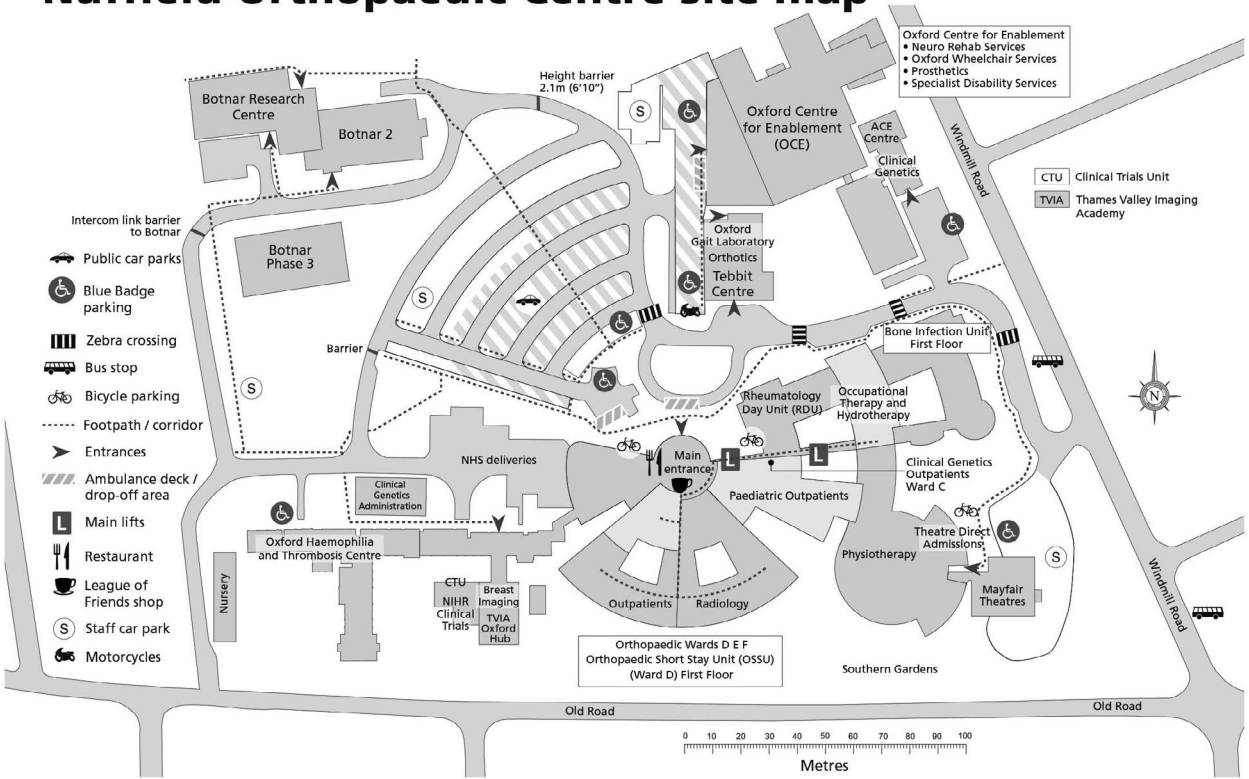
### DVT Clinic, Nuffield Orthopaedic Centre

Tel: **01865 225 629**
(9.00am to 5.00pm, Monday to Friday, and 9.00am to 1.00pm, Saturday and Sunday)

### Hospital switchboard

Tel: **0300 304 7777** (ask for Bleep 5165)

# Nuffield Orthopaedic Centre site map




**Directions to Oxford Haemophilia and Thrombosis Centre (circled on map)**
Access to disabled parking in front of the centre from Old Road only.
Access to all other parking and public transport via Windmill Road only – vehicles cannot cross this site.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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