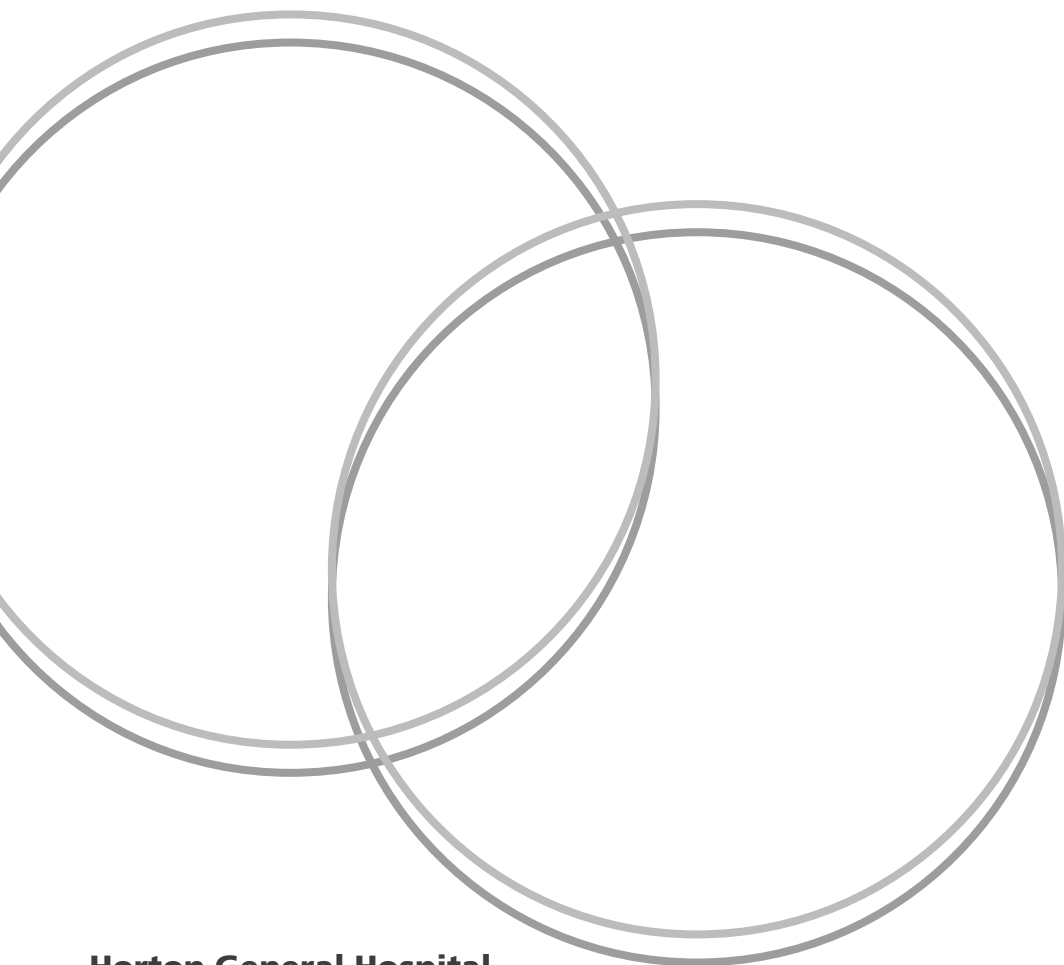




Oxford University Hospitals
NHS Foundation Trust

DVT Clinic

**Information for patients
attending the Horton DVT clinic**



Horton General Hospital

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 blocks 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 Pathology Department at the Horton General Hospital in Banbury.

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.

When you arrive at the hospital, please use one of the visitor's car parks on the site. To get to the DVT Clinic, please go into the main hospital entrance and follow the signs for the Pathology Department. There is a map of the Horton General Hospital at the back of this leaflet.

If you are unable to walk from the car parks to the main entrance, there is a 20 minute 'drop off' zone by the Emergency Department, which is next to the main hospital entrance.

Please allow about 3 hours to be assessed and have tests. If you are found to have a DVT you may need to stay longer.

At the weekend and on Bank holidays, the DVT Clinic is held at the Bone Marrow Biopsy Room on the Haematology Ward on Level 1 of the Cancer and Haematology Centre, at the Churchill Hospital in Headington, Oxford. Please park in car park 1, and once inside take the stairs or lift to Level 1 and take a seat on one of the wooden benches to the left of the stairs. A nurse will come and get you.

What happens at the appointment?

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 (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.

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 ruled out with the 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 a week later 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 a scan on the day 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 'Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE) – Information for people with a blood clot (thrombus)' gives more information about this.

How to contact us

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

DVT Clinic, Horton General Hospital, Banbury

Tel: 01295 229 282

(9.00am to 5.00pm, Monday to Friday)

DVT Clinic, Nuffield Orthopaedic Centre, Headington

Tel: 01865 225 629

(9.00am to 5.00pm, Monday to Friday)

(9.00am to 1.00pm, Saturday, Sunday and Bank holidays)

An answering machine is available outside of hours for you to leave your name and number. We will get back to you as soon as we can.

For urgent queries outside of hours, please contact the hospital switchboard and ask for Bleep 614

Tel: 0300 304 7777

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.

Author: Thrombosis Nurse Team

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