

ADC- Trombosedienst

Introduction

People that have been diagnosed with thrombosis or start taking anticoagulation tablets to prevent thrombosis, often have many questions, especially at the beginning of their treatment. This also applies to the patient's partner or relatives. This brochure provides information.

Your doctor will prescribe anti-coagulant drugs. When you start using this type of medicine, it is necessary to have your blood regularly checked. The ADC-Thrombosis Service takes care of this.

What do you do?

- Read this booklet
- You have to take the anticoagulation medicine according to the dosage calendar, that you will receive.
- Please come between 7 and 10 o'clock to take the blood sample.
- To take the blood sample, you need to bring with you, the dosage calendar, Identification and your health insurance papers. If you don't have a valid health insurance, you have to pay cash.
- When you have a good result of the blood sample, we will not call you that day. Please follow the dosage calendar at home, until the new will arrive with the post NV, the next day. In case you take the blood sample on a Friday, the new dosage calendar will arrive on Monday. When the new calendar arrives you can throw away the old one.

Important advice

- It is important you always take your anticoagulation tablets according to the instructions on your dosage calendar. You have to take the indicated number of tablets for that day, at one time, in the evening, after 6 o'clock. It is strongly recommended you cross off the dosage calendar after you have taken your medicine to prevent mistakes. If you take your tablets at a set time, preferably dinnertime, this will also help you avoid mistakes.
- The dosage is personal and is likely to be different from other patients; the calendar also gives you the next date for the new checkup.
- On the day of your checkup we ask you to be accessible by phone, after 4 o'clock.
- Keep us informed: For example changes in the use of other medicines (medicine-interaction), hospitalization, the flu or fever. If your next checkup is unexpectedly canceled or postponed, please let us now.

Accessibility from the thrombosis service

- **Tel. 4659144** (withanswering machine) When we are busy and in the afternoon till around 4 o'clock, the answering machine is on, please do leave a message and we will call you back. In the afternoon we call you back after 4 o'clock.
- In the weekend and evenings, call the doctor on duty. In case of emergency he/she can refer you to the internist on duty of the emergency room in the hospital.
- You can also send a fax message for us at : **fax 4616814**

Addresses van ADC-Prikcentra:

Vredenberg, Heelsumstraat 55	7.00- 14.00	tel. 4345100
ADC Otrobanda, Roodeweg 13 E	7.00-14.00	tel. 4345182
Barber, naast botica Bandabou	7.00-10.30	tel. 8641640
Montagne Abou, Montagne Rey 87 A	7.00-10.30	tel. 7674168
Schone Gevelstraat, gebouw Centro Medico	7.00-11.00	tel. 8882100
Muizenberg, Sentro Mediko Integral, Kaya Point a Pitre 2-3a	7.30-11.00	tel. 8883100
Santa Rosa, Santa Rosaweg 246	7.00-11.00	tel. 7675761
Rio Canario, patras di Mangusa Supermarket	7.00-11.00	tel. 7381322



Sometimes, blood samples are taken at home, but only on doctors request, if there are (urgent) medical reasons.

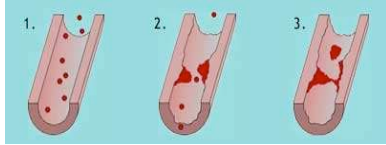
When the blood samples are taken at home, it is between 8.00-12.00 o'clock. If your next checkup at home is unexpectedly canceled or postponed (f.e. doctors visit, hospitalization), please let us now, so we can reschedule. Without a notification ahead (24 hours), we expect you to come in the next day or date, to one of the ADC prikcentra (see addresses above) to take the blood sample there.

The ADC-tromboseservice is member of the Federatie Nederlandse Trombosediensten (Dutch Federation for Tromboseservices). We endeavour to continue the quality and where possible to improve it.

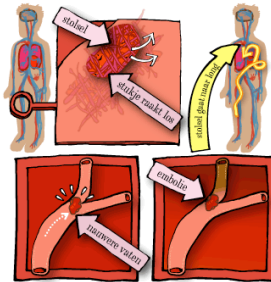


Information about Thrombosis

What Is Thrombosis?



The function of our system of blood coagulation is to prevent the loss of blood when we get injured. If the system is activated when there is no bleeding, a blood clot develops in one of the blood vessels. This clot is called thrombosis. When thrombosis occurs, the blood vessel (vein or artery) will be fully or partially blocked at that particular spot or further on in the circulatory system. We talk about thrombosis when blood coagulation happens in the wrong place and at the wrong time.



Thrombosis can result in different diseases. When a thrombosis clogs an artery, we talk about arterial thrombosis. The thrombosis blocks the oxygen supply to certain organs. If other arteries drain the organ as well, the consequences might still be minor. However, if not, or if the clot cannot be dissolved in time, the underlying tissue dies, because of lack of oxygen. This is called an infarction.

An example of venous thrombosis (deep vein thrombosis) is a thrombosis in the leg. When part of the blood clot in the leg breaks off and travels around the blood system, it may get stuck in the lung vessels and cause pulmonary (lung) embolism. Any underlying lung tissue will die. The seriousness depends on the size of the embolism.



Treatment of Thrombosis

When thrombosis occurs, drugs are available to make sure the clot does not grow any larger. The human body is capable of cleaning up the thrombosis itself, although this will take some time. To prevent the forming of new clots, treatment (anti-coagulant drugs) is necessary to reduce the blood's coagulant risk. The Thrombosis Service has the responsibility to ensure that the anti-coagulation effect of your medicine does neither become too large (risk of bleeding), nor too small (because of the risk of thrombosis). It is very important you thoroughly follow the instructions of your Thrombosis Service.

More or less tablets

The computer prints de dosage, from Acenocoumarol/ **Sintrom** and Fenprocoumon/**Marcoumar** per milligram.



Acenocoumaron /Sintromitis a 1 mg tablet

0	is the same as	no tablet today
1	is the same as	○
2	is the same as	○ ○
3	is the same as	○ ○ ○
4	is the same as	○ ○ ○ ○
5	is the same as	○ ○ ○ ○ ○ Etcetera.

If you take more or less tablets, then is advised on the dosage calendar, please let us know.



Fenprocoumon / Marcoumar (tablets are 3 mg with cross on it), these tablets have another dosage. They have whole and halve tablets.

0.00	is the same as	no tablet
0,50	is the same as	⊖
1,00	is the same as	⊕
1,50	is the same as	⊕ ⊖
Etcetera.		

ADC Trombosedienst
 Heelsumstraat 55
 tel./antw. App.
 4659144
 fax. 4616814

Dosage calendar Example

Naam: _____ Patiëntnummer: _____

Adres: _____

Indikatie(s): _____

INR _____

Prikdatum: _____

INR uitslag: _____

Tick-off after you take the tablets!

Behandelend arts: _____

Begindatum: _____

		siman/ week 1	siman/ week 2	siman/ week 3	siman/ week 4	siman/ week 5	siman/ week 6	siman/ week 7
Zo.	Djadumingo		1	2				
Ma.	Djaluna		2	<u>1</u>				
Di.	Djamars	<u>2</u>	1	2				
Wo.	Djarason	<u>1</u>	2	<u>1</u>				
Do.	Djaweps	<u>2</u>	1	2				
Vr.	Djabièrnè	<u>1</u>	2	1				
Za.	Djasabra	<u>2</u>	1					

Volgende Prikdatum: **05-05-05**

Fecha di kontròl: _____

The check-up date is not the last dosage on the calendar.

Trese e karchi ku kada kòntrol

Scheur aki despues e prik, papel abou pa trombosedienst

Sea asina bon di yena datonan aki bou

meenemen

pakken, papier beneden voor trombosedienst

U wordt vriendelijk verzocht hieronder uw mededelingen te vermelden

Nòmber	Number di pashènt	Naam	Patienten nummer
1. A surgi un malesa? Si ta si, indiká e malesa	Si/ no	1. Bent u ziek geweest? Zo ja, welke ziekte	Ja/nee
2. Remedi Nobo Remedi ku a stop kuné		2. Nieuwe geneesmiddelen Gestopte geneesmiddelen	
3. Periodo di vakashon 4. Kambio di adres of siguro pa malesa	Pais	3. Vakantieperiode 4. Wijziging adres of ziektekostenverzekering	Land
5. Den kaso di un bludumentu , entregá e parti abou, yená sea dor di bo mes òf bo dòkter. Fecha di e bludumentu A mèldu dòkter di kas òf specialista Si/no Lugá bludumentu <input type="checkbox"/> Nanishi <input type="checkbox"/> Kutis <input type="checkbox"/> Blas <input type="checkbox"/> Wowo Gravidat bludumentu <input type="checkbox"/> Poko <input type="checkbox"/> Modera <input type="checkbox"/> Pisa Akshon dòkter di kas òf specialista <input type="checkbox"/> Niun <input type="checkbox"/> Stop temporalmente di remedi <input type="checkbox"/> Adaption uzo di remendi <input type="checkbox"/> Hana vitamine K		5. In het geval er een bloeding optreedt, deze deze strook invullen, door uzelf of de arts. Datum bloeding Gemeld bij huisarts of specialist Ja/nee Plaats bloeding <input type="checkbox"/> Neus <input type="checkbox"/> Huid <input type="checkbox"/> Blaas <input type="checkbox"/> Oog Ernst bloeding <input type="checkbox"/> Licht <input type="checkbox"/> Matig <input type="checkbox"/> Zwaar Aktie huisarts of specialist <input type="checkbox"/> Geen <input type="checkbox"/> Tijdelijk stoppen tabletten <input type="checkbox"/> Dosering aanpassen <input type="checkbox"/> Vitamine K gekregen	

The dosage calendar is also the formulary for the blood sample.
 Take the dosage calendar with you, on your check-up date

Complete the formulary every check-up, for the thromboses service.

The lower part of the dosage calendar is necessary for the laboratory-formulary to take the blood sample. The upper part you need at home for your dosage if the blood level is good, and we don't call.

1. Was or is the patient ill.



-“No”, don't write anything

-“yes”, for example, the flu, fever or diarrhea.
 Throwing up, diarrhea and fever give interaction with your
 Coagulation tablets.

2. New and/or stopped medicine.



Write the name of new or stopped medicines. The doctor needs to know, so he can give you a correct dosage advice. Many medicines may have an influence on the active effects of anticoagulants. They can either increase the effect or curb it. The influence of these medicines on anticoagulation is different for each individual.

3. Holidays



Discuss this with your Thrombosis Service before you leave. If you travel by plane it is recommended to pack two sets of anticoagulants: one in your suitcase and one in your carry-on. The anticoagulants that are prescribed to you in The Netherlands Antilles might not be available abroad. That is why it is important to take sufficient anticoagulant tablets along.

If you need vaccinations, discuss this beforehand with the doctor at your Thrombosis Service. Most injections have to be administered under the skin. For injections in the muscle (intra-muscular) the anticoagulation treatment has to be temporarily adjusted to prevent serious muscle bleeding.

4. **Changes in address**, or health insurance are important, let us now.

5. Registration bleeding complications



If the color of your urine is red, or your faeces is jet-black, then immediately contact your family doctor and the Thrombosis Service. If anything changes between two check-ups, immediately call your Thrombosis Service. Do not hesitate to discuss any problems or questions you have regarding the treatment. If necessary, an extra check-up will be scheduled.

-“No, don't write anything

“Yes”, write the location of the bleeding and its seriousness.

-**Location of the bleeding:**

Ø Nose: when you have a nose bleeding

Ø Skin: when you have a blue spot or a little wound that bled longer time.

Ø Bladder: blood with your urine

Ø Oog: blood “star” in your eye

-**Seriousness of the bleeding:**

Ø light: Nose bleeding, shorter than 30 minutes, small blue spots.

Ø moderate: When the doctor has to stop the nose bleeding.

Blue spots up to 10cm

Ø heavy: Admission in the hospital (emboli, infarct, CVA).

Action from doctor (on duty) or specialist for the medication. Cross Ø, if:

“None” = everything stays the same.

“Temporarily stop the tablets”= one or more days you are not allowed to take the tablets. Write down how many days.

“Dosage adjusting” = less tablets. Write down how many tablets.

“Vitamin K” = Vitamin K makes the blood thicker. Write down how many vitamin K pills.

When you are in doubt, write down the actions you or the doctor took, or gives us a call.



All-important advices resumed:

1. Always take your anticoagulants according to the instructions on the dosage calendar and at a set time.
2. Having taken your medication, immediately cross off your dosage calendar in order to prevent mistakes.
3. Contact the Thrombosis Service as soon as possible if you have forgotten to take your medication.
4. Always keep your appointment with the Thrombosis Service and inform them if you are unable to attend.
5. Always contact the Thrombosis Service when you are ill (flu, fever, diarrhea), when you have to have outpatient surgery, or teeth and/or molars pulled.
6. If you are a woman between 15 and 45 year and have a pregnancy (wish), first contact your family doctor or specialist and the thrombosis service. In close consultation with these professionals, you will decide on the best way to go.
Breast-Feeding: Anticoagulants are secreted into mother's milk. Therefore, the baby is given extra vitamin K in drop form to counteract the anticoagulation effect
7. Always inform doctors and nurses of your situation in case of unexpected hospitalization. Tell them that you are monitored by a Thrombosis Service and show them, if possible, your dosage calendar.
8. Always inform the Thrombosis Service about a scheduled hospitalization.
9. Never, at your own initiative, take any other (self-care) medication. This also applies for cough syrups and laxatives, and especially for aspirin.
10. If you want to take something against fever or pain, take **paracetamol** only. Always consult with your family doctor and inform the Thrombosis Service.
11. If your family doctor, specialist or other physician prescribes new medications, always tell him or her that you use anticoagulants as well.
12. If you stop the use of other medications, always inform the Thrombosis Service.
13. You are more vulnerable to bleeding as a result of the treatment. If you are worried or have any questions, never hesitate to call the Thrombosis Service.
14. If your urine has a red color or your faeces is jet-black, do not hesitate and immediately contact your family doctor and your Thrombosis Service.
15. Eat well-balanced meals and limit your alcohol consumption to a maximum of 1 or 2 drinks per day.
16. If you are on a diet to reduce your weight, inform the Thrombosis Service about this.
17. Timely inform the Thrombosis Service of your vacation plans.

Points of Attention during Your Holiday

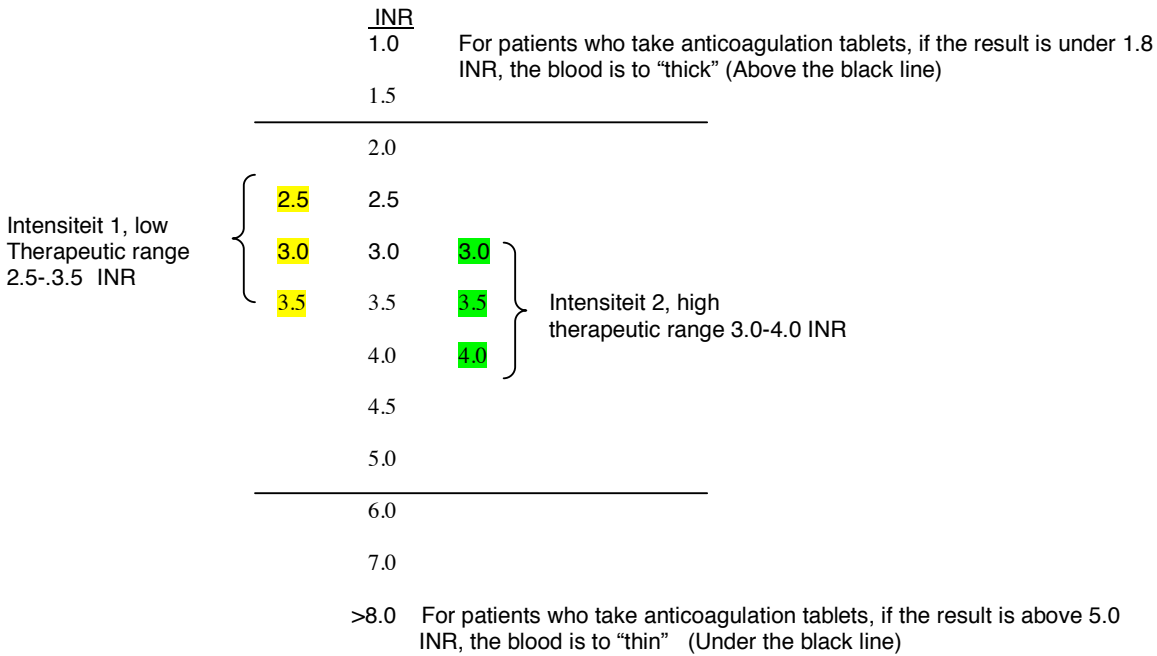
- a. At your destination consider time differences. Depending on the time difference and the duration of your stay abroad, you can follow the Dutch Antilles time of administering your medicine or, in consultation with the Thrombosis Service, adjust the schedule.
- b. Long-term stay above 3,000 meters may influence the treatment.
- c. Higher temperatures in warm areas may influence the INR.
- d. Intestinal infections accompanied by serious diarrhea could have an influence on the INR. If the diarrhea lasts longer than 2 days, you have to have your INR checked.
- e. If you get bruises, nosebleeds or unexpected bleeding, you have to have your INR checked.

The best result

TT = Trombotest, is a blood test, where we can see how “thin” or “thick” the blood is.
 INR = The TT is expressed as INR = International Normalized Rate. This is the international standard for the TT.
 The specialist decides how “thin” or “thick” the blood has to be, we call it the therapeutic range.

The result of the coagulation test is indicated in INR values. The INR has to be within a specific therapeutic range. Target values are based on the medical grounds for which you take anticoagulants. INR values may vary, for example due to effects of other medications, the reason for anticoagulation, illness and nutrition. That is why regular check-ups are needed. It also means that the frequency of checkups is different for each individual.

Intensiteit 1 = low → Therapeutic range 2.5-3.5 INR
 Or
Intensiteit 2 = high → Therapeutic range 3.0-4.0 INR



“Thin” and “thick” does not mean the blood is like water or syrup. It indicates coagulation time, the time the blood needs to coagulate.

For extra information you can find also on the Internet:



www.adcnv.com

Email: trombosedienst@adcnv.com
 Papiamentu, Nederlands, English



www.fnt.nl

Email: fnt@fnt.nl Nederlands, English, Deutsch,



www.trombosesichting.nl

Email: tsn@fnt.nl



www.trombosedienst-leiden.nl

Uitgebreide Nederlandse site met veel informatie



www.inate.org/patients/

Email: inate@excerptamedica.com ; English



www.domotica.us/Trombosis

Español

Greetings,
 ADC-Thromboses service team