



VGH Thrombosis Clinic Outpatient VTE Treatment Program

Information for the Patient

You have been diagnosed with Deep Vein Thrombosis (DVT) and/or Pulmonary Embolism (PE). This means a blood clot has developed inside a deep vein of your leg, arm, lungs or somewhere in your body. This condition is serious because the clot may move or get larger and cause more serious health problems. You need treatment to prevent the clot from growing and allow your body to break down the blood clots.

Anticoagulants, often called “blood thinners”, are used to treat blood clots. Standard ways to start treatment is to use an injection drug called a low molecular weight heparin (LMWH) or a pill called a direct oral anticoagulant. LMWH is injected under the skin once a day, at around the same time each day. Pills are taken twice a day, every 12 hours. You will receive your first dose of a blood thinner at the Emergency Department or Cancer Centre before going home.

We have arranged an urgent consultation for you with a hematologist at the VGH Thrombosis clinic. At the clinic, you will learn about your blood clotting condition and blood thinners. The hematologist will review which type of blood thinner (injections or pills) is best for you for treatment. You or a family member will be taught how to give the injections if you need to continue LMWH at home. The treatment period for blood clots is at least 3 months.

The VGH Thrombosis Clinic is located on the 6th floor of the Blackmore Pavilion at 855 West 12th Avenue. The phone number is 604-675-2481. During weekdays, the clinic will call you the next morning before 10 am with an appointment time on the same day. If the next day is the weekend or a statutory holiday, you will be given an appointment time with the hematologist on-call before you leave the Emergency Department. If you are a patient at the BC Cancer Centre Vancouver site, a nurse or a pharmacist will teach you how to do the injections and give you a SmartCard® to get some free syringes of LMWH from an outpatient pharmacy. This will allow you to inject at home over the weekend and go to the Thrombosis clinic the next weekday.

Because your blood takes much longer to clot when you are on an anticoagulant, it is important for you to go directly to the Emergency Department if you have any signs of serious bleeding. This includes vomiting or coughing blood, or blood in the stool or urine. You should also report sudden severe headaches, especially if you feel drowsy. You should also go to the Emergency if you become very short of breath or get chest pain. Bring all your medications with you when you go to the Emergency Department.

You must tell your doctors if you are taking aspirin or nonsteroidal anti-inflammatories, or pills for your heart or stents (e.g. clopidogrel or Plavix®). Taking these drugs and blood thinners together may cause serious bleeding.

If you have urgent questions about your blood clot or anticoagulant, page the hematologist on call by calling the VGH operator at 604-875-5000.



Transport to Vancouver General Hospital Blackmore Pavilion 6th Floor

Bus: 99 bus stops at West Broadway and Willow Street.

- Walk to the Thrombosis Clinic is 3 blocks uphill towards W 12th Ave.
- Check Translink for information on other routes.

Vancouver Taxi: (604-255-5111)

- Takes wheelchairs. Will wheel patients in and out of the home but will not assist patient in and out of wheelchair.

HandyDART: (Pacific Transit: 604-430-2692)

- Cost is \$2.95 each way within the City of Vancouver.
- HandyDART users must be registered with HandyDART to use this service.

Ambulance: (604-872-6456)

- Cost is \$80 for MSP Beneficiaries and no cost for MSP Premium Assistance Clients.
 Cost is higher for non-MSP beneficiaries

Stretcher: For patients who need physical assistance up and down stairs

Van: Wheelchair patients – need help transferring

Patients needing medical observation

Able to walk with some assistance

- Book 3 days in advance and book return trip at the same time.
- Allow 2 hours for appointment.
- Tell the Clinic Clerk your return time when you arrive at clinic.
- You may have to wait several hours if ambulances are called to attend emergencies.

Public pay parking (P): available at locations indicated on map below.

