

# Isolated thrombocytosis (high platelet count) - how we follow you up

Cancer Services and Clinical Haematology

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Information for Patients

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## Introduction

You have recently been seen in the haematology clinic and been told you have isolated thrombocytosis. This means your body produces a higher amount of platelets than normal.

You have been identified as 'low risk' and if appropriate your consultant may move you into our remote monitoring clinic. This clinic uses a computer programme called "DAWN" to ensure that your blood test results are reviewed by your healthcare team.

## How we follow you up

Your consultant may advise you to take anti-platelet drugs such as aspirin or clopidogrel to help prevent platelets sticking together and forming blood clots.

You will need to have blood tests every 6 or 12 months to check your platelet count does not become too high and other blood cell counts remain normal. If we have concerns about the blood results we will arrange an appointment in the clinic or over the telephone.

## Blood tests

You will need to arrange to have your blood tests at your GP surgery.

If you lose or do not receive your blood test forms please contact the DAWN clinic co-ordinator and they can arrange to send another set. If you are unable to have your blood tests done around the requested date please let us know and we can arrange a more suitable date. If you think your appointment has been missed please contact the DAWN clinic co-ordinator so that we can look into it.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Symptoms

If your blood test remain stable it is very unlikely that you will develop any symptoms or problems related to thrombocytosis.

If you have a new clot such as those listed below please contact the clinic and we will bring your appointment forward.

- Deep vein thrombosis (DVT)
- Pulmonary embolism (PE)
- Heart attack
- Stroke or transient ischaemic attack (TIA - mini stroke)

For any other concerns, please contact your GP.

## Contact details

DAWN clinic co-ordinator

Tel: 07929 793688

Monday to Friday 9am to 5pm

Email: [uhl-tr.haematologydawnmailbox@nhs.net](mailto:uhl-tr.haematologydawnmailbox@nhs.net)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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