Guidelines for Thrombophilia Testing

Indications for Testing

If in doubt please discuss requests for thrombophilia screening with a Consultant Haematologist or Senior BMS.

* Unprovoked venous thrombosis (< 60 years)
* Recurrent venous thrombosis
* Unusual site of venous thrombosis e.g. mesenteric vein, axillary vein (not retinal vein occlusion)
* 2nd & 3rd trimester miscarriage
* Neonates with Purpura Fulminans (Protein C & S urgently)
* Skin necrosis on Warfarin
* Strong family history of venous thrombosis: in most cases extensive screening is not useful, unless a thrombophilic abnormality has been identified in the family

When to test?

* Avoid testing in the acute post-thrombotic period - delay testing for 4 weeks
* Wherever possible avoid testing while on anticoagulant drugs (Warfarin, UFH, DOAC) -delay testing for 4 weeks after last dose
* Avoid testing during pregnancy or during the post-natal period - delay testing for 2 months

Laboratory considerations

* Repeat any abnormal or borderline test: at least 2 abnormal results before issuing final diagnosis of proven thrombophilia
* Consider repeating negative screens in patients with a very suspicious history of familial thrombophilia (e.g. VTE at young age + strong FH) as false negatives are well-recognised
* Referrals to a consultant Haematologist or incomplete clinical details: ensure sufficient aliquots of plasma are frozen and retain the primary sample tube(s) for testing if subsequently indicated
1. Rejected Samples
* Request a PROBHA set in Telepath and add the coded comments TBR1 – TBR4, i.e.

**“Inappropriate for full thrombophilia screen. Happy to discuss Dr L Munro”**

**“Samples will be stored for 6 weeks - please contact lab with full clinical details if testing required”**

References

NICE Guidelines

<http://www.nice.org.uk/guidance/cg144>

RCOG Clinical Guidelines

<https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_17.pdf>

<https://www.rcog.org.uk/globalassets/documents/guidelines/gtg-37a.pdf>

Clinical Guidelines for Testing for Heritable Thrombophilia (BJH, 2010) <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2141.2009.08022.x/pdf>