**Thrombophilia Screening**

Somerset Pathology Services  are now screening thrombophilia screen:

BSH Guidelines:

* Testing for heritable thrombophilic traits after a venous thrombotic event is not recommended as a routine to guide management decisions (Grade 2B).
* We do not recommend offering routine thrombophilia testing to first-degree relatives of people with a history of VTE (Grade 2B).
* Testing for heritable thrombophilia is not recommended in patients with stroke, regardless of age (Grade 1A).
* We recommend against heritable thrombophilia screening in women with pregnancy complications, such as recurrent miscarriage or adverse pregnancy outcomes (Grade 1A).



**Take home messages- we would suggest discussion prior to requesting thrombophilia screening.**

* Most common mutations (up to 5% of the population confer SMALL absolute increase in risk for first time VTE- most carriers never experience a VTE
* Not strong predictors of recurrent VTE
* Do not affect acute management and clinical risk factors generally guide long term management
* Family history associated with increased risk irrespective of mutations

**Important harms: false reassurance by negative test, unnecessary anxiety. Insurability, cost**

In our experience:

1. Frequently the wrong test is ordered
2. Wrong decision based on test result
3. Cost of testing- approx. £200