

HOSPITAL ASSOCIATED THROMBOSIS



CLOT-CHECK CARD

BE CLOT AWARE

- 1 Pain in the leg
- 2 Swelling in the leg
- 3 Sudden or gradual onset of breathlessness
- 4 Chest pain worse on breathing in

SEEK
MEDICAL
ATTENTION

ASK "COULD I HAVE
A BLOOD CLOT?"

REDUCING YOUR RISK

You can reduce your risk of getting a **DVT** or **PE** by:



Staying as active
as you can



Keeping hydrated
by drinking normal
amounts of fluids



Losing weight
before becoming
pregnant

THE SIGNS & SYMPTOMS

Pulmonary Embolism (PE):

A **PE** often causes sudden onset of chest pain, worse on breathing in, and breathlessness; or there may be tightness in the chest or chest or upper back pain. Occasionally a person may also cough up blood or experience light-headedness or blackouts.

SEEK
MEDICAL
ATTENTION

**CALL 999
IMMEDIATELY**

Deep vein thrombosis (DVT)

The most common symptom of a **DVT** is an unexplained prolonged ache or pain in the leg.

SEEK
MEDICAL
ATTENTION

**CALL YOUR GP,
MIDWIFE OR 111**

For further
information
or advice,

**PLEASE
CONTACT US**

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WHAT IS THROMBOSIS?

Thrombosis is a blood clot in a blood vessel (a vein or an artery). A **deep vein thrombosis (DVT)** is a blood clot that has formed in a deep vein, usually in the leg. If a **DVT** is left untreated, all or part of the clot can break off and travel in the bloodstream through the circulation to block all or part of the blood supply to the lungs. This is known as a '**pulmonary embolism**' (**PE**). A **PE** can cause long-lasting damage or be life-threatening. We call **DVT** and **PE** together venous thromboembolism (**VTE**).

Why do I need to know about blood clots?

Being admitted into hospital can increase your risk of developing a **VTE**.

There are several reasons that can cause this, and these include:

- Prolonged immobility
- Sticky blood occurs during illness and after surgery
- Trauma to the leg veins.

**SEEK
FURTHER
ADVICE**

If you are concerned you may have a blood clot, it is very important that you seek urgent medical attention to assess and confirm a diagnosis.

Tests to investigate your symptoms will need to be performed.

HOSPITALISATION + CLOTS

In the UK, everyone admitted into hospital should be risk assessed for thrombosis (blood clots) and, based on the assessment, offered either medication or a device to help reduce this risk.

The risk of developing a blood clot during a stay in hospital continues for up to 90 days after discharge.

Clots are serious conditions and need urgent medical attention.

Are you at increased risk?

Other factors that can increase your risk of developing blood clots include:

- Major surgery, particularly of the pelvis, abdomen, hip, and knee
- Severe trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Cancer and cancer treatments
- Pregnancy, (including the six weeks after the baby is born)
- Hormone therapy including tablet HRT and the combined oral contraceptive
- Having had a previous blood clot (**DVT**, **PE** or both)
- A history of blood clots in your immediate family
- Having a condition that increases your risk, such as sticky blood (thrombophilia)
- Being overweight or obese