

BLOOD CLOT RISK-ASSESSMENT QUESTIONNAIRE

To be used by women in early pregnancy.




DID YOU KNOW THAT BLOOD CLOTS ARE A MAJOR CAUSE OF DEATH DURING AND AFTER PREGNANCY?

This questionnaire is designed to find out if you are at high risk of having blood clots (known as venous thromboembolism or VTE) in early pregnancy.

You should fill in this questionnaire if you are pregnant but have not yet had an appointment (known as the booking appointment) with a midwife.

Name:	
Date of birth:	Today's date:

15 December 2025

Please tick the appropriate box		YES	NO
Previous blood clots Have you ever had a deep vein thrombosis (DVT) or pulmonary embolism confirmed by a scan?			
Nausea and vomiting Do you have nausea or vomiting severe enough that: <ul style="list-style-type: none"> • you cannot drink without vomiting; or • you struggle to stand up or walk due to nausea? 			
Body mass index (BMI) Is your BMI over 50?	 To check your BMI Scan the QR code for more details.		
If yes, what is your BMI?			
Are you currently taking one of these anticoagulants: warfarin, apixaban, rivaroxaban, dabigatran or edoxaban?			
Have you been diagnosed with antithrombin deficiency (a disorder that makes abnormal blood clots more likely)?			

IF you answered **yes** to any of the questions you need medication to reduce the risk of a blood clot.

If you plan to continue your pregnancy, make a booking appointment to see a midwife.

You can do this through your GP practice or online at

<https://www.nhs.uk/nhs-services/refer-yourself-for-nhs-pregnancy-care/>.

Give your GP or midwife this questionnaire so that clot-preventing medication can be prescribed urgently.

Even if you do not plan to continue your pregnancy, you could still be at higher risk of a blood clot.

You should discuss this with your GP or other healthcare provider.



BACKGROUND INFORMATION

What are blood clots and why am I at risk?

A blood clot is a mass of blood cells that are stuck together in a vein and stop blood from flowing normally. A clot in the deep veins of the legs is called a **deep vein thrombosis (DVT)**. This can cause pain and swelling in the leg, but you may have no symptoms. If the clot (or part of it) breaks free, it can travel through the blood vessels in the body to block part or all of the blood supply to the lungs (this is medically known as a pulmonary embolism).

A pulmonary embolism (PE) is a medical emergency. Pregnancy increases the risk of blood clots.

For some people, the risk of blood clots is very high. These people would benefit from taking clot-preventing medication to protect them from a life-threatening blood clot.

What is clot-preventing medication?

The body produces blood clots to stop bleeding from wounds. Clot-preventing medication interferes with the clotting process to help prevent blood clots forming. They're commonly referred to as blood-thinners.

The safe clot-preventing medication in pregnancy is known as 'low molecular weight heparin (LMWH)'. You may hear it called:

- enoxaparin (brand names, Inhixa and Clexane);
- tinzaparin (brand name, Innohep); or
- dalteparin (brand name, Fragmin).

LMWH helps prevent blood clots forming in women without affecting the baby. It is injected under the skin and your healthcare practitioner will show you how to do this. (See this video for more details <https://www.youtube.com/watch?v=39sLVvZHE14&t=30s>).

Your healthcare professional will tell you how long to

HOW CAN I REDUCE MY RISK OF BLOOD CLOTS AND WHAT SYMPTOMS SHOULD I LOOK OUT FOR?

Keeping mobile, having a healthy diet and keeping hydrated all reduce the risk of blood clots.

For more information on reducing the risk of blood clots, and the signs and symptoms please explore the Thrombosis UK website

If you experience any of the following symptoms, which suggest a blood clot, get urgent medical advice.

Symptoms of a deep vein thrombosis (DVT) may include

- Unexplained pain, tenderness or swelling in one or both legs,
- Occasionally reddish/blue skin discolouration in one or both legs
- If thrombosis affects the thigh veins (common in pregnancy), the whole leg may be swollen
- The area may be warm to touch
- In pregnancy clots often start with pain in the groin

Symptoms of a pulmonary embolism (PE) may include:

- Sudden shortness of breath
- Unexplained breathlessness (for example when doing something you can usually do normally without becoming breathless)
- Chest pain that can be sharp or stabbing and may get worse with deep breaths
- A rapid heart rate
- Unexplained cough, sometimes with blood-streaked mucus
- Sudden collapse

GUIDANCE FOR PRESCRIBING PROFESSIONALS

This risk-assessment questionnaire has been produced in consultation with NHS England. NHS England recommends that NHS services use this questionnaire as part of the Maternal Care Bundle <https://www.england.nhs.uk/publication/the-maternal-care-bundle-a-care-bundle-for-reducing-maternal-mortality-and-morbidity/>.

Recommended dose of LMWH for women not already taking clot-preventing medication

Type of low molecular weight heparin	Weight: less than 100 kg	Weight: 100 kg or more
Enoxaparin (brand names, Inhixa and Clexane)	40 mg	60 mg
Tinzaparin (brand name, Innohep)	3,500 IU	4,500 IU
Dalteparin (brand name, Fragmin)	5,000 U	7,500 U

For more information,

see Element 1 of the NHS England Maternal Care Bundle at <https://www.england.nhs.uk/publication/the-maternal-care-bundle-a-care-bundle-for-reducing-maternal-mortality-and-morbidity/>

If a pregnant woman is already on clot-preventing medication (for example, warfarin, apixaban, rivaroxaban, dabigatran or edoxaban), please contact the healthcare professional who



Thrombosis UK (www.thrombosisuk.org)

Tel: 0300 772 9603 Email: admin@thrombosisuk.org

Download our app today! Scan the QR code for more details.



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