

BLOOD CLOTS:

Checking Your Risk Before Pregnancy



WHY ARE YOU READING THIS?

This leaflet is for women who are planning a pregnancy and may have a higher chance of getting a blood clot.

It explains what to check before you try for a baby.

WHY CHECK BEFORE YOU ARE PREGNANT?

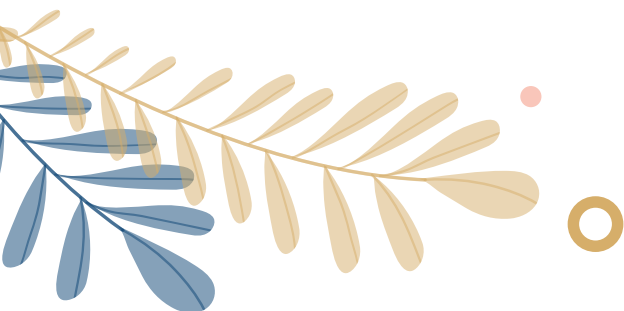
Pregnancy makes blood clots more likely for everyone.

If you already have a higher chance of a clot, it helps to find this out before you are pregnant. This means a plan can be made early, to keep you and your baby safe.

WHAT MAKES YOUR RISK HIGHER?

You may have a higher risk if you:

- Have had a blood clot before
- Have a close family member who has had a blood clot
- Have a condition that makes your blood clot more easily (this is called a clotting condition or thrombophilia)
- Are very overweight
- Have certain other health conditions, such as lupus



WHAT SHOULD I DO BEFORE TRYING FOR A BABY?

Speak to your doctor before you start trying to get pregnant.

The doctor may:



Ask about your health and family history



Do blood tests to check for a clotting condition



Look at any medicines you already take



Refer you to a specialist doctor if needed



WHAT IF I AM ALREADY TAKING BLOOD THINNING MEDICINE?

Some blood thinning medicines are not safe to take in early pregnancy.

Your doctor will usually change this to a different, safer medicine as soon as you find out you are pregnant.

Do not stop or change any medicine yourself.

Always speak to your doctor first.

What might the doctor suggest?

- A clear plan for your pregnancy, written down before you conceive
- Starting a low dose of aspirin once you are pregnant
- Starting blood thinner injections early in pregnancy, if your risk is high
- Extra appointments with a specialist team during your pregnancy



REMEMBER

- It is best to find out your risk before you are pregnant, if you can
- Most women with a higher risk who get help go on to have healthy pregnancies
- A plan made early helps keep you and your baby safe
- Always speak to your doctor before stopping or changing medicine



IF YOU ARE PLANNING A PREGNANCY AND HAVE ANY OF THE RISKS ABOVE, SPEAK TO YOUR DOCTOR OR A SPECIALIST CLINIC.

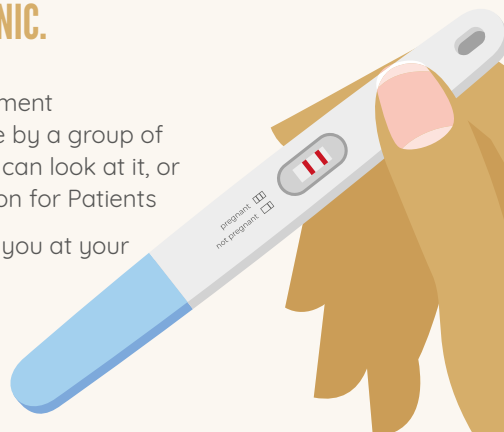
You can also access an Early Pregnancy Risk Assessment Questionnaire. The questions come from a tool made by a group of experts and is on the website of Thrombosis UK. You can look at it, or fill it in yourself, on the website: Pregnancy Information for Patients

Your doctor or nurse will usually go through this with you at your appointment. But you do not need to wait — you can look at it yourself too.



RISK ASSESSMENT

Scan the QR code for more details.



Thrombosis UK (www.thrombosisuk.org)

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



 **Thrombosis UK**
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