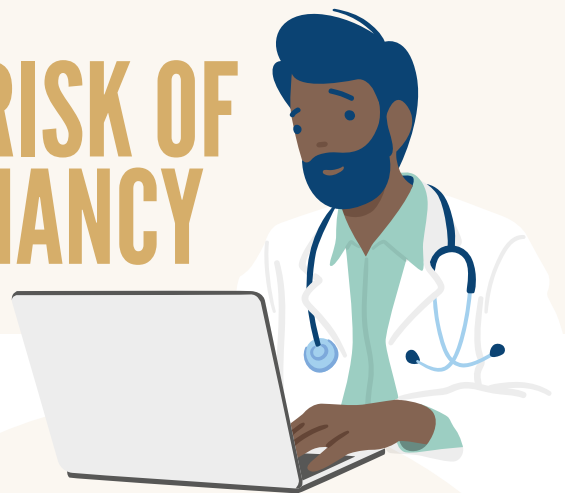


HOW WE CHECK YOUR RISK OF BLOOD CLOTS IN PREGNANCY



WHY ARE YOU READING THIS?

Every pregnant woman is checked for her risk of blood clots. This leaflet explains how and when this happens.

WHEN IS MY RISK CHECKED?

Your risk is checked:

- In early pregnancy before starting midwifery-led care please use the early pregnancy risk assessment tool
- At your first midwife appointment (called the booking appointment)
- Again later in pregnancy, if things change
- If you go into hospital for any reason
- If you have an operation
- If you become unwell
- After your baby is born

WHAT DOES THE MIDWIFE ASK ABOUT?

The midwife will ask about things that can raise your risk, such as:

- Your age
- Your weight
- Whether you have had a blood clot before
- Whether a close family member has had a blood clot
- Whether you smoke
- Whether you are having twins or more
- Whether you have varicose veins
- Whether you are likely to be resting or unable to move much
- Whether you have any complications of pregnancy such as hyperemesis gravidarum (nausea and vomiting leading to dehydration)
- Any other health conditions you have



WHAT HAPPENS WITH THIS INFORMATION?

The midwife uses your answers to work out a risk score.

This places you into a group:

LOWER RISK:

general advice about staying active and drinking water is usually enough



HIGHER RISK:

you may need extra care, such as blood thinner injections or a referral to a specialist

Your risk can change during pregnancy. This is why it is checked more than once.

WHAT HAPPENS IF I AM HIGHER RISK?

If you are found to be at higher risk, the hospital may:

- Refer you to a specialist doctor or clinic
- Start you on preventive blood thinner injections
- Plan extra check-ups through your pregnancy and after birth

What can I do?

- Answer the midwife's questions honestly and fully
- Tell the midwife about any new symptoms straight away
- Tell the midwife if you go into hospital for anything else, even something unrelated
- Ask questions if you are not sure why something is being suggested



RISK ASSESSMENT

Scan the QR code to access an Early Pregnancy Risk Assessment Questionnaire

REMEMBER

- Every pregnant woman has her risk checked, not just some
- Your risk can change, so it is checked more than once
- Being told you are "higher risk" does not mean you will get a clot
- Extra care is there to help keep you and your baby safe

**IF YOU ARE NOT SURE
ABOUT YOUR RISK,
ASK YOUR MIDWIFE
OR DOCTOR TO EXPLAIN
IT TO YOU.**

Thrombosis UK (www.thrombosisuk.org)

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

