

PREVENTING BLOOD CLOTS IN PREGNANCY



WHY ARE YOU READING THIS?

This leaflet explains the different ways blood clots can be prevented in pregnancy.

WHY DOES PREVENTION MATTER?

Pregnancy makes clots more likely for everyone. Taking simple steps can lower this risk. For women with a higher risk, extra prevention may be needed, such as medicine.

LOW DOSE ASPIRIN

Some women are asked to take a low dose of aspirin once a day.

- This helps keep the blood flowing normally
- Your doctor will tell you if this is right for you, and when to start
- Do not start taking aspirin without asking your doctor first

BLOOD THINNER INJECTIONS

For women with a higher risk, the hospital may prevent clots using a blood thinner injection. This is different from aspirin.

- It is usually a small injection, once a day
- A nurse or midwife will show you how to give it to yourself
- It may be started early in pregnancy, depending on your risk
- It is often continued for six weeks after your baby is born
- It is safe for your baby

THINGS EVERYONE CAN DO:



Keep moving. Walk around often, and do not sit or lie still for too long



Keep hydrated by drinking plenty of water



When going on long trips on planes, trains or in the car, get up and walk around every so often and perform calf exercises when sitting



Wear loose, comfortable clothing



Try to keep to a healthy weight where you can

REMEMBER

- Prevention can be as simple as moving more and drinking water
- Some women need extra help, such as aspirin, or injections
- Your doctor or midwife will tell you what is right for you

IF YOU ARE NOT SURE WHAT PREVENTION YOU NEED, ASK YOUR MIDWIFE OR DOCTOR.

