

TREATING A BLOOD CLOT IN PREGNANCY



WHY ARE YOU READING THIS?

This leaflet explains what happens if a blood clot is found, and how it is treated.

STARTING TREATMENT

If a scan or test shows you have a blood clot, treatment usually starts straight away.

The medicine used is called a blood thinner. It does not dissolve the clot straight away, but it stops the clot getting bigger and helps stop new clots forming. Your body then breaks the clot down naturally over time.

HOW IS THE MEDICINE GIVEN?

- It is usually a small injection, given once or twice a day
- A nurse or midwife will teach you how to give it to yourself
- It goes into the fatty part of your tummy or thigh
- Your dose is worked out from your weight

CHECKING YOUR DOSE IS RIGHT

Sometimes the hospital checks your blood to make sure the dose is right for you.

This is called an anti-Xa test. Not everyone needs this test. Your doctor will tell you if you need it.

HOW LONG DOES TREATMENT LAST?

Treatment usually continues:

- For the rest of your pregnancy
- And for at least six weeks after your baby is born
- Sometimes longer, depending on your health

Your doctor will give you a clear plan for how long you need treatment.



ARE THERE ANY SIDE EFFECTS?

Most women have no problems. Some possible side effects are:

- Bruising where the injection is given
- Slightly higher chance of bleeding, such as heavier bleeding from a cut
- Rarely, a skin reaction where the injection goes in
- Very rarely, a reaction to the medicine itself

Tell your doctor or midwife if you notice anything that worries you.

WHAT IF I FORGET A DOSE?

- If you remember on the same day, give the injection as soon as you remember
- If it is nearly time for your next dose, skip the missed one and continue as normal
- Do not give two doses close together to make up for a missed one
- If you are not sure what to do, call your midwife or maternity unit for advice

WHEN TO GET HELP URGENTLY

Contact your hospital or maternity unit straight away if you have:

- Heavy or unusual bleeding
- Large bruises that keep growing
- Blood in your urine or stools
- Signs of a new clot, such as leg pain or swelling or chest pain

REMEMBER

- * Blood thinner treatment works well and is safe for you and your baby
- * Your dose and length of treatment are worked out just for you
- * Missing a dose occasionally is manageable — follow the simple steps above
- * Always contact the hospital if something feels wrong

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



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