

BLOOD CLOTS AFTER YOUR BABY IS BORN



WHY ARE YOU READING THIS?

Your chance of a blood clot stays higher for some weeks after your baby is born. This leaflet explains what to expect.

WHY IS MY RISK STILL HIGHER AFTER BIRTH?

Giving birth changes your body again. For about six weeks after birth, your blood is still more likely to clot than usual. This is why some women continue treatment, or start it, after the birth.

CONTINUING OR STARTING TREATMENT

- If you were already having blood thinner injections in pregnancy, these usually continue after birth
- If you were not on treatment before, but are found to be higher risk, you may be started on it after the birth
- If you had a caesarean, you are likely to be offered preventive treatment, as this raises your risk further

HOW LONG DOES TREATMENT CONTINUE?

- Prevention treatment is usually continued for six weeks after birth
- If you had a confirmed clot in pregnancy, treatment often continues for at least six weeks after birth, and sometimes longer
- Your doctor will give you a clear end date, or tell you when this will be reviewed

SIGNS TO WATCH FOR AFTER BIRTH

Contact your midwife, doctor, or maternity unit straight away if you notice:



Pain, swelling, redness, or warmth in one leg



Sudden shortness of breath



Chest pain, especially when breathing in



A fast heartbeat



Coughing, especially with blood



Feeling dizzy or faint or pass out

The important thing is if symptoms persist, to seek urgent medical review.

IS IT SAFE TO BREASTFEED?

Yes. The blood thinner medicines used in pregnancy and after birth are safe to use while breastfeeding.

They do not pass into breast milk in a way that harms your baby.

LOOKING AFTER YOURSELF

- Keep moving gently as soon as you are able to after birth
- Drink plenty of water
- Keep taking your medicine exactly as instructed, even if you feel well
- Go to your follow-up appointments

REMEMBER

- * Your risk stays higher for about six weeks after birth
- * Many women continue or start treatment during this time
- * It is safe to breastfeed while taking heparin injections or warfarin, but not other blood thinners
- * Always get help quickly if you notice any of the signs above

IF YOU ARE WORRIED AT ANY POINT AFTER YOUR BABY IS BORN, CONTACT YOUR MIDWIFE, DOCTOR, OR MATERNITY UNIT.



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