

BLOOD CLOTS AND FUTURE PREGNANCIES



WHY ARE YOU READING THIS?

This leaflet is for women who have had a blood clot in a past pregnancy, or while taking contraception, and are now thinking about having another baby. It explains what to expect next time.

WILL I GET A CLOT AGAIN?

Having a blood clot before does raise your chance of getting one again in a future pregnancy. This does not mean it will definitely happen. It means your care team will plan ahead, so you are looked after carefully from the start.

WHAT SHOULD I DO BEFORE TRYING AGAIN?

Before you start trying for another baby, it helps to speak to your doctor or midwife.

They may:

- Look back at your notes from your last clot
- Sometimes arrange blood tests, if this has not been done before, to check for a clotting condition
- Talk to you about a plan for your next pregnancy

WILL I NEED TREATMENT EARLIER THIS TIME?

Often, yes.

Many women who have had a clot before are offered blood thinner injections from early in their next pregnancy, sometimes as soon as the pregnancy test is positive.

This is different from a first pregnancy, where treatment might only start if a new clot is found or if risk builds up later on. Your doctor will explain exactly when to start, based on your own history.

WHAT ABOUT CONTRACEPTION IN THE MEANTIME?

Some types of contraception, such as the combined pill, can raise the chance of a blood clot.

If you have had a clot before, your doctor can talk you through safer choices while you are not trying to get pregnant.

Always mention your history of a blood clot when discussing contraception with any doctor or nurse.

WHAT WILL BE DIFFERENT ABOUT MY CARE?

If you have had a clot before, your future pregnancy care is likely to include:

- Possibly being seen by a specialist team, alongside your usual midwife
- Starting blood thinner injections early, often from the start of pregnancy
- Extra planning for your labour and birth
- Continuing treatment for at least six weeks after the birth

REMEMBER

- A clot in a past pregnancy does not mean you cannot have more children safely
- Planning ahead with your doctor makes a real difference
- Treatment often starts earlier in future pregnancies
- Always tell every doctor or midwife about your history of a blood clot

**IF YOU ARE THINKING ABOUT ANOTHER PREGNANCY AFTER A BLOOD CLOT,
SPEAK TO YOUR DOCTOR OR A SPECIALIST CLINIC BEFORE YOU START TRYING.**

