

## Useful contact details

If you have any questions you can contact your GP, or between the hours of 08.00-20.00, you can contact the Ambulatory Care Unit on **01923 436 772**. Out of hours you can ring 111 or if it is an emergency, such as any of the side effects mentioned, you should attend the ED or ring 999.

## Other information - parking

Depending on your situation, the time you will be at the hospital will vary and there are concessionary parking rates which may apply. In any case you will not need to pay more than three hours on the car parking meter. Please ask at reception if you have any questions or if you are staying for longer.

## Patient Advice and Liaison Services (PALS)

The Trust's PALS team is available to patients, carers, relatives or friends who wish to raise concerns regarding your time at the DVT Clinic. Contact PALS on **01923 217 198** (out of hours answer phone) or email: [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)

## Further information

### How to contact us

DVT Clinic  
Watford General Hospital  
West Hertfordshire Hospitals NHS Trust  
Vicarage Road  
Watford  
Hertfordshire  
WD18 0HB  
**Tel: 01923 217 491**  
**Ext: 7491**

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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email: [westherts.pals@nhs.uk](mailto:westherts.pals@nhs.uk)



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A guide to...

# DVT Clinic

## *Patient information*

## What is a Deep Vein Thrombosis (DVT)?

A DVT is a blood clot that forms in the veins deep in your leg, usually in the calf or thigh, but can sometimes occur in other veins in your body.

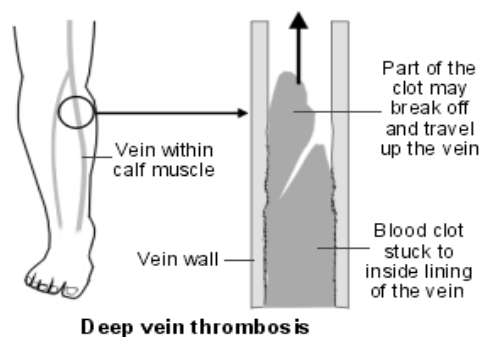
### Signs of DVT may include:

- Pain
- Tenderness
- Swelling
- Warmth
- Redness

### Are there any complications?

DVT can be fatal and serious.

A complication of a DVT is when part of the clot breaks off and travels through your bloodstream until it eventually lodges within the lung – this is known as a Pulmonary Embolism (PE). A PE can cause you to cough up blood-stained spit, have chest pain and feel short of breath. PE can happen hours or even days after a DVT.



## Why do you need to attend the DVT clinic?

It's often difficult for a doctor to diagnose a DVT from the symptoms alone. If you have a suspected DVT, you will have some tests done urgently to confirm the diagnosis.

These may include:

- D-Dimer test (blood test)-this is usually positive in DVT but can be positive in other conditions as well.
- A Doppler scan- used to test blood clots in leg.
- In DVT clinic you will be assessed and commence blood thinning medication if it is necessary.

**It is not always possible to get an ultrasound the next working day and they are not available at weekends.**

### What does an ultrasound scan involve?

An ultrasound looks at the flow of blood in your veins and identifies any blockages. A gel is put on the skin of your leg and a handheld device is placed on the leg and moved over the surface of the skin to examine the deep veins of the affected area. The examination usually takes about 15 minutes.

### What do you need to do next?

Once you have been assessed by the DVT clinic nurse, as per their advice, we would advise you to continue your treatment until your scan date. If your scan shows no blood clot, you will be discharged back to your GP practice. If you are diagnosed with a blood clot, you will start your treatment within the DVT clinic.

## Treatment

DVTs are normally treated with blood thinning medicine known as anticoagulants such as Heparin, Warfarin, NOACs (oral anticoagulants or oral blood thinners). These work with the body's natural anticlotting system to prevent further clots forming and stop any existing clots getting bigger.

### Side effects and further symptoms

One of the main side effects and risks of the treatment is bleeding. Seek medical attention if you experience any unusual bleeding. Please ensure you read the leaflet with your medication for further information.

Although a rare complication, it is important to be aware of the signs of a PE. If you experience chest pain, shortness of breath or coughing up blood it is important to contact the unit, return to the ED or call 999.

### Location

The DVT Clinic is part of the Ambulatory Care Unit (ACU) in the Shrodells unit. Turn left from the A&E entrance.

### Vascular lab

Scans are done in the Vascular Lab, on Level 3 of the main building. After you have had your scan you should return to the DVT Clinic.