

## Where can I find more information?

Please ask your doctor or nurse for more information.

Alternatively, the NHS choices website provides patient information on VTE: [www.nhs.uk](http://www.nhs.uk)

Thrombosis UK (previously Lifeblood) charity:

[www.thrombosisuk.org](http://www.thrombosisuk.org)

Watch Paul Robinson (ex England Goal Keeper) VTE video on [YouTube](https://www.youtube.com)



## A guide to...

# Preventing blood clots in children and adolescents

## *Patient information*

If you have a medical query please contact 111,  
your GP or visit Accident & Emergency

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



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## What happens when I go home?

If you were provided with stockings during your hospital stay, then you may need to wear the anti-embolism stockings when you go home, until you return to your usual level of activity. Your nurse will tell you how to put them on and what you should check your skin for.



If you get any of these symptoms **pain in legs, swelling and redness, coughing, chest pain, shortness of breath , blood in phlegm** either in hospital or after you go home, please seek medical advice immediately.

## What is being done to reduce the risk of blood clots

To try and stop patients from getting blood clots, doctors will assess your risk and advise on the following if they feel it is required:

- Stockings : you should be shown how to wear them. If you have any pain or discomfort please speak to your nurse. Note: Slippers / Shoes: these should always be worn over stockings when mobilising
- Blood thinners: you may receive this by injection. You may need to take these medicines when you leave the hospital, more information will be given to you prior to discharge.



## What can I do to help myself?

### If possible, before coming into hospital:

- Talk to your doctor about contraceptive and hormone replacement therapy. Your doctor may consider stopping them in the weeks before an operation and will provide advice on temporary use of other methods if your usual contraceptive is stopped.
- Keep a healthy weight.
- Do regular exercise.



### When in hospital:

- Keep moving or walking and get out of bed as soon as possible after an operation—ask your nurse or physiotherapist for more information they will be happy to help.
- Drink plenty of fluids to keep hydrated.

