If you have any questions, please write them below and then ask your nurse or doctor before you are discharged…

Your questions...

Where can I find more information?

Please ask your doctor or nurse if you have any questions or would like more information. You can also find more information about blood clots on the NHS website:

Deep vein thrombosis (DVT):
www.nhs.uk/conditions/deep-vein-thrombosis-dvt/

Pulmonary embolism (PE):
www.nhs.uk/conditions/pulmonary-embolism/

Thrombosis UK: www.thrombosisuk.org

If you develop any of the symptoms described in this leaflet, please contact NHS 111, your GP or visit Accident and Emergency.

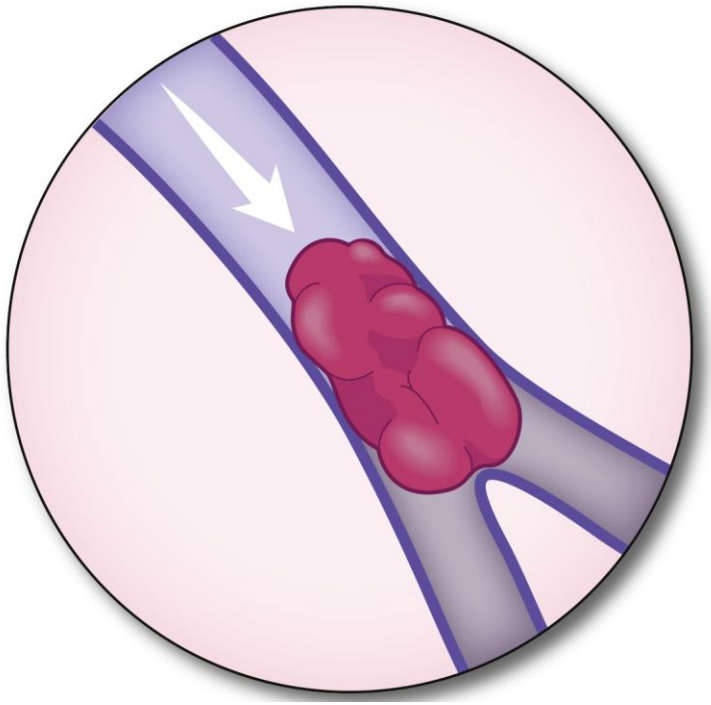
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NHS
West Hertfordshire Teaching Hospitals
NHS Trust

Preventing blood clots in a hospital setting

Patient information

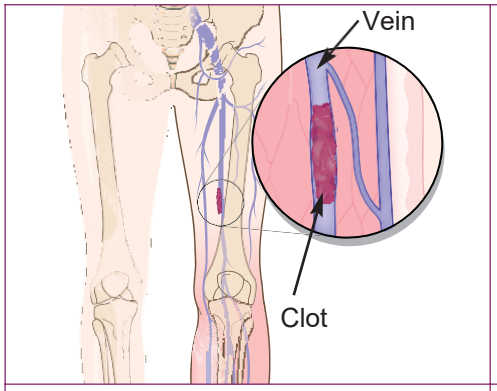


Haematology

Watford, St Albans and Hemel Hempstead hospitals

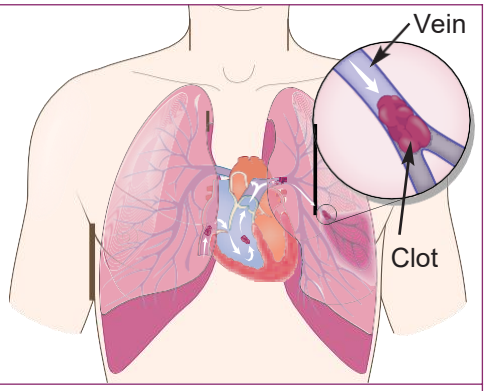
What you should know

When patients are in hospital they can get blood clots. These are most commonly in:



Legs

Deep Vein Thrombosis (DVT). Common symptoms include pain in legs, swelling and redness.
These clots can break off and travel to the lungs.



Lungs

Pulmonary Embolism (PE). Common symptoms include coughing, chest pain, shortness of breath and blood in phlegm.

Note: If you get any of these symptoms either in hospital or after you go home, please seek medical advice immediately.

Any unwell adult in hospital is at risk of developing a blood clot. Other factors that put people at greater risk include:

- A previous clot
- A recent diagnosis of cancer
- Certain 'sticky blood' conditions
- Dehydration
- Being overweight
- Being immobile
- Contraceptive or hormone tablets
- Having an operation
- Significant injury or trauma
- Being pregnant or having given birth or had a miscarriage or termination of pregnancy in the past 6 weeks.

What is being done to reduce the risk of blood clots when in hospital?

Doctors will assess your risk and advise you on the following if they feel it is required:

Anti-embolism stockings: if you are prescribed them, you should be shown how to wear them. If you have any pain or discomfort, please speak to your nurse. Slippers should be worn over the stockings when walking.

Inflatable sleeves: to be worn around your legs or feet whilst in a bed or chair to increase blood flow.

Blood thinners: you may receive this by injection. The injection normally prescribed within our hospital is Enoxaparin which is a heparin. Heparin is of animal origin, so if you have any concerns about using animal products, please tell your doctor and they will discuss other options with you.

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 you can after an operation, ask your nurse or physiotherapist for more information.
- Ask your doctor or nurse *'What is being done to reduce my risk of developing a clot?'*
- Drink plenty of fluids to keep hydrated.

What happens when I go home?

- If you are advised to continue using anti-embolism stockings at home when you are discharged, you should wear them until you return to your usual level of activity. Your nurse will tell you how to put them on and how to check your skin.
- If you need to continue blood thinning injections at home your nursing team will teach you how to do this or refer you to the district nurses.
- If you get any of these symptoms (see page 1) either in hospital or after you go home, please seek medical advice immediately.

Continue to stay well hydrated and, if possible and safe, exercise and become more mobile.