

For further information visit:

The National Alliance for Thrombosis and Thrombocytophilia
website: www.stoptheclot.org

The National Institute for Health and Clinical Excellence (NICE)
website: www.nice.org.uk

The National Institute for Health and Clinical Excellence (NICE)
Reducing the risk of deep vein thrombosis (DVT) for patients in hospital 'Understanding NICE Guidance' booklet

www.nhsdirect.nhs.uk or www.lhch.nhs.uk

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

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如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。
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Thromboembolism Day Case Patients



Prevention of developing blood clots

This leaflet has been written to provide information about the prevention of developing Deep Vein Thrombosis (DVT) whilst in hospital.

We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or nursing staff.

What is a Deep Vein Thrombosis (DVT)?

Thromboembolism can be described as the blocking of a blood vessel by a clot that has moved from its original site. Most clots (thrombi) occur in the deep veins of your legs; this is called Deep Vein Thrombosis (DVT). Dislodged clots (thrombi) can travel to your lungs and this is called Pulmonary Embolism (PE).

Risks and possible consequences of developing a DVT

DVT is more likely to happen when you are unwell and inactive or less active than usual. When you are unwell your blood may become temporarily “sticky” and flow more slowly. If you are inactive or less active than usual it is more likely that a blood clot will form inside a vein. Some people have certain risk factors that make them more likely to develop a DVT.

The development of clots can cause long-term damage to your veins, may cause serious complications and in some cases may even be fatal. In most cases however, DVT can usually be prevented.

On admission to hospital, you will be assessed for your risk of developing a DVT.

When you leave hospital

If you have any questions following discharge you can contact your family doctor (GP), or district nursing practice. Alternatively you can contact our discharge advice line on 0151 600 1056 during office hours.

Signs to look out for that may mean you have developed a DVT/PE.

If you experience any of the following in the days or weeks after your hospital treatment, it is important to seek medical help immediately. Either phone NHS direct or 999 for an emergency ambulance.

- You have pain or swelling in your leg.
- The skin on your leg feels hot or is discoloured (red, purple or blue), other than bruising around the area where you have had an operation.
- The veins near the surface of your legs appear larger than normal or you notice them more.
- You become short of breath.
- You feel pain in your chest or upper back.
- You cough up blood.