NATIONAL CLINICAL PROGRAMME -VENOUS THROMBOEMBOLISM (VTE)

BLOOD CLOTS

Am I at risk?

Blood Clot Information

BLOOD CLOT ALERT CARD

WHAT IS A BLOOD CLOT?

This is the formation of a clot inside a blood vessel, usually in the leg, which may break off and go to the lungs. This can be fatal.

60% of clots happen in **HOSPITAL** or in the **90 DAYS** following admission.

Blood clots can be very serious - but there are effective treatments to deal with them and help prevent them

SIGNS AND SYMPTOMS OF A BLOOD CLOT

- Swelling or pain in one leg or arm
- Warmth or redness in the leg or arm
- Short of breath or rapid breathing
- Chest pain (particularly when breathing deeply)
- Coughing or coughing up blood
- Severe Headache, that won't go away

If you have one or more of these, you may have a clot and need urgent treatment

HSE

Blood clot information (English)

BLOOD CLOT ALERT CARD — Am I at risk?

WHAT CAN I DO TO HELP MYSELF?

- Ask for your risk of blood clots to be assessed, especially if you are in one of the higher risk groups listed opposite
- Walk and move as much as possible
- Drink plenty of fluids
- If directed to use stockings or medication to prevent or treat a clot follow instructions exactly
- Remember, a blood clot in the veins is more likely up to 90 days after being in hospital
- If you have any signs or symptoms of a clot, take **immediate action** to seek medical help

You have a HIGHER CHANCE of getting a clot in **HOSPITAL** than on an **AEROPLANE!**

YOU MAY BE AT HIGHER RISK IF YOU:

- are admitted to hospital and for 90 days after you go home
- have active cancer or receiving cancer treatment
- are pregnant or have had a baby less than 6 weeks ago
- become immobile (more than 3 days in bed / travel non-stop more than 6 hours / in a leg cast)

RISK MAY INCREASE FURTHER IF:

- you or a close relative had a blood clot
- you had surgery in the last 90 days
- you have thrombophilia (tendency to clot)
- you are on the oral contraceptive pill or HRT
- you have heart, lung or inflammatory disease
- you are over 60 years of age or are overweight
- you have varicose veins that become red and sore

هيعملا ةطلسلاب ةبسان تامولعم (Arabic)

血液凝块信息 (Chinese)

Informacije o krvnom ugrušku (Croatian)

Oplysninger om blodprop (Danish)

Informatie over bloedproppen (Dutch)

Informations sur les caillots sanguins (French)

Information zu Blutgerinnsel (German)

ιατρικές πληροφορίες για θρόμβους (Greek)

Eolas faoi théachtáin fola (Irish)

Informazioni sulla coagulazione del sangue (Italian)

血栓について (Japanese)

Informacija apie kraujo krešulius (Lithuanian)

Informacje na temat zakrzepów krwi (Polish)

Informações sobre coágulos sanguíneos (Portuguese)

Informații despre cheagurile de sânge (Romanian)

Информация о тромбах (Russian)

Información sobre los coágulos sanguíneos (Spanish)

Information on blodpropp (Swedish)

Інформація про тромби (Ukrainian)

(Urdu)

Ask to be assessed for your risk of a blood clot.

HSE

For further information:
www.hse.ie/eng/about/who/cspd/ncps/vte/resources/