BLOOD CLOTS

Am I at risk?





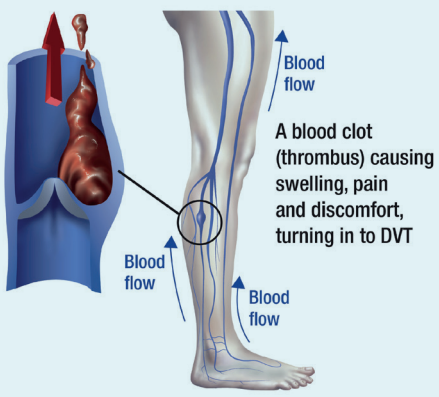


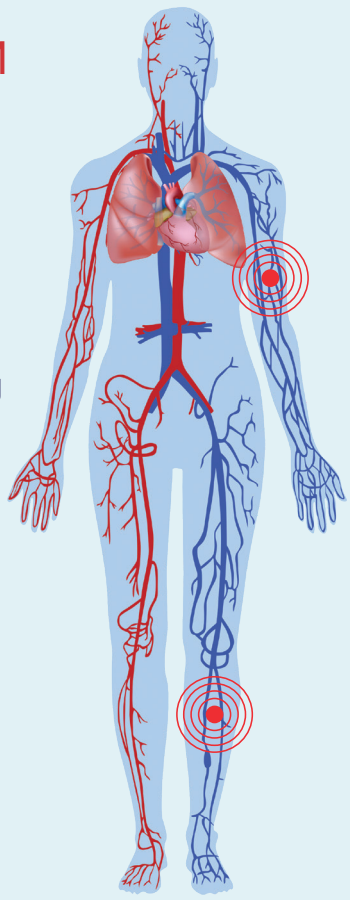
BLOOD CLOT IN THE LEG OR ARM

(**DVT** - Deep Vein Thrombosis)

What are the main signs and symptoms?

- Swelling of one leg or arm (usually the full leg in pregnancy)
- Pain in one leg or arm, which may be worse when standing, walking or using your arm
- Warmth or redness in one leg or arm



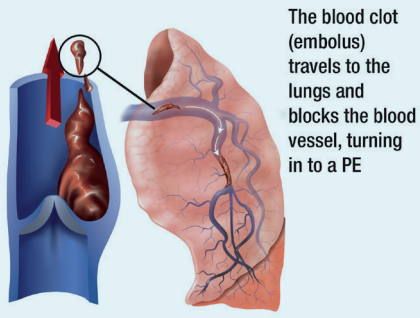


A BLOOD CLOT IN THE LUNGS

(**PE** - Pulmonary Embolism)

What are the main signs and symptoms?

- Sudden unexplained breathlessness or rapid breathing
- Sudden, sharp chest pain (particularly when breathing deeply)
- Coughing or coughing up blood



IF YOU HAVE ONE OR MORE OF THESE SIGNS OR SYMPTOMS, YOU MAY HAVE A CLOT AND NEED URGENT TREATMENT.

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 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 a thrombophilia (increased tendency to clot)
- you are on oestrogen-containing contraception or an oral oestrogen-containing HRT
- Covid-19 may increase your risk for several months
- after infection
- 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

Speak to your doctor or nurse if you are concerned – you may be at risk

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