

Deep Vein Thrombosis (DVT)

Deep vein thrombosis, or DVT is the formation of a blood clot (thrombus within a deep vein, most commonly the legs or sometimes in the arms.

Symptoms:

- Pain
- Swelling
- Tenderness
- Warmth
- Discolouration of the skin

If you are experiencing any of the symptoms of a blood clot, seek medical advice immediately.

What Can I do to prevent DVT:

- If you are going into hospital, ask your doctor to assess your risk of Blood Clots.
- Take your medication as prescribed
- Wear your compression stockings if prescribed
- Drink plenty of fluids
- Walk and move more
- Be aware of the signs and symptoms of DVT
- Remember, a clot can form up to 90 days after being in hospital so be vigilant

Take immediate action by contacting your nurse or doctor if you have any of the symptoms above.