

Heading to the hospital?

Spending time in the hospital is always a challenge and requires that you seek the best care. The last thing you need is another health problem or setback on your road to recovery.

It is important to know that being in the hospital places you at increased risk for the development of a blood clot, particularly if you are dealing with surgery, a physical trauma or a serious illness like cancer.

Before You Enter the Hospital

- Discuss your potential risk factors and family health history with your doctor.
- Ask if you will need preventative measures for blood clots while in the hospital.
- Make sure that all of your doctors know your blood clot risks and ask for a prevention plan.

Before You Leave Hospital

- Ask your doctor how to prevent blood clots when you are at home.
- Discuss the signs and symptoms of blood clots.
- Make sure you know what to do if you experience the signs or symptoms of a blood clot.

When You Return Home

- Follow instructions and take medications as prescribed.
- Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs.
- Notify your doctor if you experience signs or symptoms of blood clots.

Did You Know?

About half of all blood clots occur during or within 90 Days of a hospital stay or surgery. Many of these blood clots can be safely prevented with proper preventative measures.

If You Experience Any of The Following signs or Symptoms

ALERT YOUR DOCTOR AS SOON AS YOU CAN.

Blood Clots in Your Legs or Arms

- Swelling in your legs or arms
- Pain or tenderness not caused by an injury
- Skin that is warm to the touch
- Redness or discoloration of the skin

Blood Clots in Your Arms

- Difficulty breathing
- Chest pain that worsens with a deep breath
- Coughing or coughing up blood
- Faster than normal or irregular heartbeat