

Prevention methods

A clot in the vein (usually in the leg or pelvis) is known as a **deep vein thrombosis (DVT)** and a clot that breaks off and travels to the lungs is known as a **pulmonary embolism (PE)**. Together, DVT and PE make up **venous thromboembolism (VTE)**. Venous thromboembolism is a leading cause of death and disability worldwide.

What can you do to prevent this?

- If you are going into hospital, ask your doctor for your risk of blood clots to be assessed.
 - Take your medication as prescribed by your doctor.
 - Wear your compression stockings if prescribed by your doctor.
 - Drink plenty of fluids
 - Increase your mobility
 - Be aware of the signs and symptoms of a blood clot.
- **BE AWARE THAT YOUR RISK OF GETTING A BLOOD CLOT CONTINUES FOR 90 DAYS FOLLOWING ADMISSION TO HOSPITAL SO BE ALERT FOR SIGNS AND SYMPTOMS.**
 - **Take immediate action by contacting your nurse or doctor if you have any of the signs and symptoms listed below.**

Signs & symptoms:

- Swelling or pain in the leg or calf
- Warmth and redness in the leg
- Unexplained shortness of breath
- Light headedness or fainting
- Rapid heart rate
- Chest pain (particularly when breathing deeply)
- Blood being produced when you cough

You may have developed a clot and need urgent treatment.

****You may not have all or any of these symptoms.***