



Sarah's story

In January 2017, when I was 41 years old & was a smoker...

I was on the Pill since 2011. Prior to the Pill, I was on the pill injection from 2004-2011, but developed Osteopenia from it, so I stopped using that.

In January this year, one Sunday morning; I went down to Glendalough for a walk . It was a leisurely walk for a couple of hours, nothing too strenuous. On the Monday morning, I woke up with a pain in my right leg (calf) only . It felt like touching a bruise. There was no swelling or discolouration. I thought it was unusual that the pain was just in one leg only but I said I would wait til Wednesday to see if pain would be gone by then. If not, then I would go to the doctor. It was always on the back of my mind anyway; that being on the Pill carries a risk of DVT's.

By Tuesday, the pain was still there but not any better or worse. By Wednesday; I could feel the pain in my leg before I even stepped out of bed. Then when I got up , the pain was worse than the previous two days & I was limping down the stairs. I rang the Care doc & the nurse rang me back to ask me a few questions, as they do. Because I was on the Pill & a smoker; she said I had 2 main risk factors for a blood clot / DVT. She said for me to go straight into A&E & to explain to the hospital that they sent me in because I have 2 main risk factors for DVT/ blood clot.

I drove myself into A&E in St Vincent's Hospital. In Triage, the nurse asked me the required questions. She got a measuring tape & measured both of my legs around my calf. There was no swelling, no discolouration, no coolness / warmth to touch, no trauma or injury, hadn't been on a flight recently.