


Ask for a VTE Risk Assessment  
- it may save your life



**THROMBOSIS IRL**  
**ALERT CARD**

### WHAT IS A BLOOD CLOT?

This is the formation of a clot inside a blood vessel, usually in the leg, which may break off and go to the lungs. This can be fatal.

**66%** of clots happen in **HOSPITAL**  
or in the **90 DAYS** following admission. 



Blood clots can be very serious - but there are effective treatments to deal with them and help prevent them

### SIGNS AND SYMPTOMS OF A BLOOD CLOT

- Swelling or pain in the leg or calf
- Warmth and redness in the leg
- Unexplained shortness of breath
- Chest pain  
(particularly when breathing deeply)
- Coughing up blood

**You may have developed a clot  
and need urgent treatment**

# ALERT CARD

# BLOOD CLOTS - am I at risk?

## WHAT CAN I DO TO HELP MYSELF?

- Ask for a VTE Assessment if you are going into hospital
- Remember, a clot can form up to 90 days after being in hospital
- Walk and move as much as possible
- Drink plenty of fluids
- Be aware of signs and symptoms
- Take **immediate action** by contacting your doctor if you have any symptoms

You have a HIGHER CHANCE of getting a clot in **HOSPITAL**



Than on a **AEROPLANE!**

## YOU MAY BE AT INCREASED RISK IF:

- Recent hospital stay and for the 90 days after discharge
- Immobility (More than 3 days in bed or long haul travel more than 6hrs)
- Surgery
- Active Cancer or receiving treatment
- Personal history or close relative that had a blood clot in the leg or lung
- Thrombophilia
- Pregnancy or up to 6 weeks after birth
- Oral contraceptive pill or HRT
- Heart, lung or inflammatory disease
- Age over 60 years or obesity
- Varicose veins with phlebitis



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
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