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

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.

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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 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