

For more information:  
[www.thrombosisireland.ie](http://www.thrombosisireland.ie)

# BLOOD CLOT 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.

**60%** 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 one leg or calf
- Warmth or redness in the leg
- Short of breath or rapid breathing
- Chest pain (particularly when breathing deeply)
- Coughing or coughing up blood

**If you have one or more of these, you may have a clot and need urgent treatment**



**THROMBOSIS** IRL

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Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
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## WHAT CAN I DO TO HELP MYSELF?

- Ask for your risk of blood clots to be assessed especially if you are in the higher risk group listed opposite
- Walk and move as much as possible
- Drink plenty of fluids
- If directed to use stockings or medication to prevent or treat a clot follow instructions exactly
- Remember, a clot can form up to 90 days after being in hospital
- If you have any signs or symptoms of a clot, take **immediate action** to seek medical help

You have a HIGHER  
CHANCE of getting a  
clot in **HOSPITAL**  
   
Than on an  
**AEROPLANE!**

# BLOOD CLOTS - am I at risk?

## YOU MAY BE AT HIGHER RISK IF YOU:

- are admitted to hospital and for 90 days after you go home
- have active cancer or receiving cancer treatment
- are pregnant or have had a baby less than 6 weeks ago
- become immobile (more than 3 days in bed / travel non-stop more than 6 hours / in a leg cast)

## RISK MAY INCREASE FURTHER IF:

- you or a close relative had a blood clot
- you have surgery in the last 90 days
- you have thrombophilia (tendency to clot)
- you are on the oral contraceptive pill or HRT
- you have heart, lung or inflammatory disease
- you are over 60 years of age or are overweight
- you have varicose veins that become red and sore