

A venous thromboembolism is a blood clot that forms in a vein. A blood clot in a deep vein is called a deep venous thrombosis (DVT). A blood clot in the lungs is called a pulmonary embolism (PE). Blood clots are dangerous and can cause death. Blood clots can form in the:

- Lungs.
- Legs.
- Arms.

Risk Factors

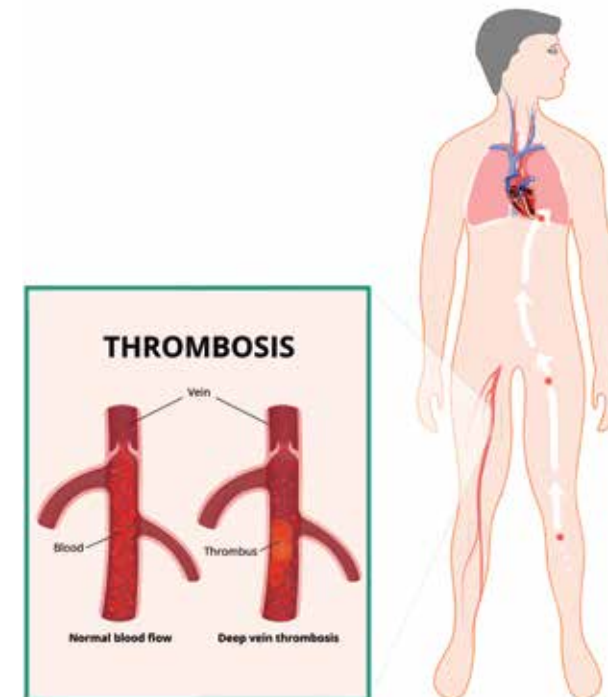
Risk factors can increase your risk of developing a blood clot. Risk factors can include:

- Smoking.
- Obesity.
- Age.
- Immobility or sedentary lifestyle.
- Sitting or standing for long periods of time.
- Chronic or long-term bed rest.
- Medical or past history of blood clots.
- Family history of blood clots.
- Hip, leg, or pelvis injury or trauma.
- Major surgery, especially surgery on the hip, knee, or abdomen.
- Pregnancy and childbirth.
- Birth control pills and hormone replacement therapy.
- Medical conditions such as
- Peripheral vascular disease (PVD).
- Diabetes.
- Cancer.

Prevention

- Exercise regularly. Take a brisk 30 minute walk every day. Staying active and moving around can help prevent blood clots.
- Avoid sitting or lying in bed for long periods of time. Change your position often, especially during a long trip.
- Women, especially those over the age of 35, should consider the risks and benefits of taking estrogen medicines. This includes birth control pills and hormone replacement therapy.

- Do not smoke, especially if you take estrogen medicines. If you smoke, talk to your caregiver on how to quit.
- Eat plenty of fruits and vegetables. Ask your caregiver or dietitian if there are foods you should avoid.
- Maintain a weight as suggested by your caregiver.
- Wear loose-fitting clothing. Avoid constrictive or tight clothing around your legs or waist.
- Try not to bump or injure your legs. Avoid crossing your legs when you are sitting.
- Do not use pillows under your knees unless told by your caregiver.
- Take all medicines that your caregiver prescribes you.
- Wear special stockings (compression stockings or TED hose) if your caregiver prescribes them.
- Wearing compression stockings (support hose) can make the leg veins narrower. This increases blood flow in the legs and can help prevent blood clots.
- It is important to wear compression stockings correctly. Do not let them bunch up when you are wearing them.





Home Care instructions

- Take all medicines prescribed by your caregiver. Follow up the directions carefully.
- Avoid alcoholic drinks or consume only very small amounts. Notify your caregiver if you change your alcohol intake.
- Notify your dentist or other caregivers before procedures.
- Activity, ask your caregiver how soon you can go back to normal activities. It is important to stay active to prevent blood clots. If you are anticoagulant medicine, avoid contact sports.
- Exercise, it is very important to exercise, this is especially important while travelling, sitting or standing for long periods of time. Exercise your legs by walking or by pumping the muscles frequently, take frequent walks.
- Compression stockings, these are tight elastic stockings that apply pressure the lower legs. This pressure can help keep the blood in the legs from clotting. You may need to wear compressions stockings at home to help prevent a DVT.
- Smoking, if you smoke, quit, ask your caregiver for help with quitting smoking.
- Learn as much as you can DVT, knowing more about the condition should help you keep it from coming back.

See immediate medical care if:

- You develop chest pain.
- You develop severe shortness of breath.
- You have breathing problems after traveling.
- You develop swelling or pain in the leg.
- You begin to cough up bloody mucus or phlegm (sputum).
- You feel dizzy or faint.

For any questions or clarification please call your Doctor or call cardiology outpatient clinic at 01/372888 extension: 1740 during working hours or call emergency unit extension: 1900



Venous Thromboembolism