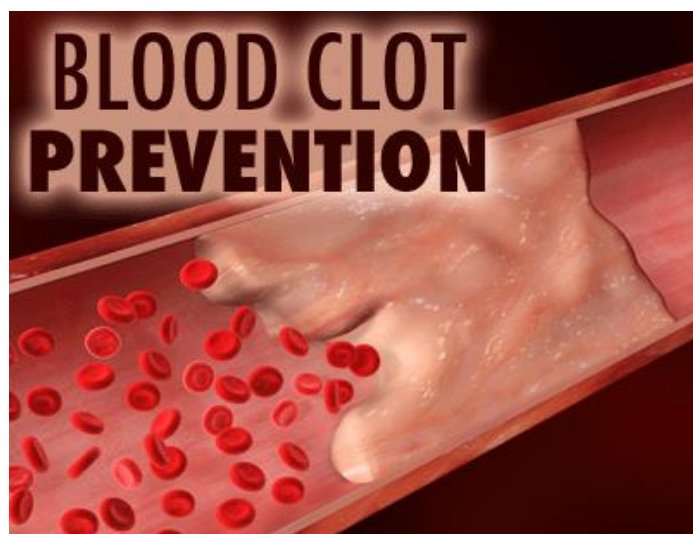


# Preventing Hospital Acquired Blood Clots (Thrombosis)

Information for patients and carers

Easy Read Leaflet



This leaflet outlines important information about preventing blood clots during and after your stay in hospital.

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## What are blood clots?

Clotting is a normal process to help with healing, but a clot (thrombus) can develop in a blood vessel when it is not needed.



**Deep vein thrombosis (DVT):** a blood clot that forms in the leg, groin, arm or any deep vein in the body.



**Pulmonary embolism (PE):** occurs when a blood clot breaks loose in a vein and travels to the lungs.

## Who is at risk of getting a clot in hospital?



Any unwell person admitted to hospital is at risk of getting a clot however this leaflet is only for people age 16 and over.



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## Who is at risk of getting a clot in hospital?

These people are more at risk:



People who can't walk or move around.



60+

People over the age of 60 years.



People who are overweight

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## Who is at risk of getting a clot in hospital?



People who have cancer or are having chemotherapy.



People who have had an operation.



People who do not drink enough water.

## Who is at risk of getting a clot in hospital?



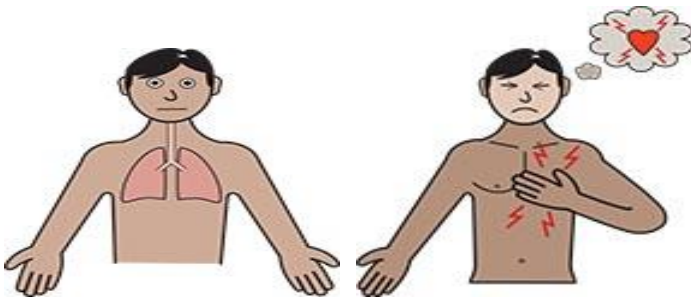
People who are pregnant or have been recently.



People who have had any serious injury.



People with a family member who has had blood clots or people who have had blood clots before.



People who have problems with their heart or lungs.

## Who is at risk of getting a clot in hospital?



People with certain blood conditions.



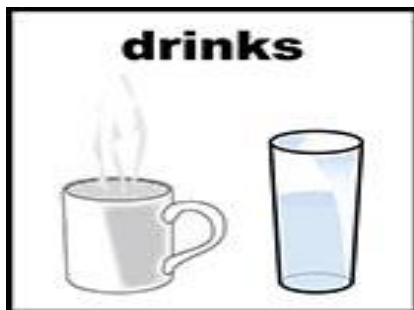
People taking birth control (oestrogen-containing contraceptive pill).



People taking hormone replacement therapy (HRT).

## What can be done to reduce my risk?

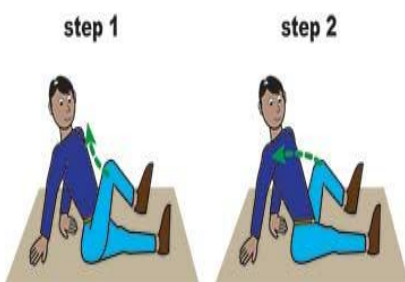
You can reduce your risk of getting a blood clot by:



Drinking plenty of water (unless instructed otherwise).



Getting out of bed as soon as it is safe to do so and keep moving as much as possible.



Doing leg exercises (ask nursing and/or physiotherapy staff if you need help).



Asking your doctor or nurse what is being done to reduce your risk of clots and following any medical advice given.

### Your doctor may prescribe:



Blood thinning medicines: either injections or tablets.



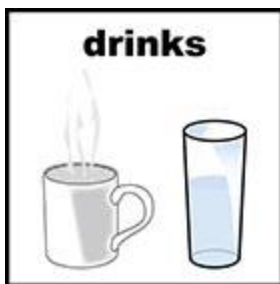
Compression stockings for your legs or inflatable sleeves worn around your leg or foot.



## What happens when I go home?



Move your body as much as possible



Continue to drink plenty of water (unless instructed otherwise).



You should continue to wear stockings until you return to your usual level of mobility or longer if advised.



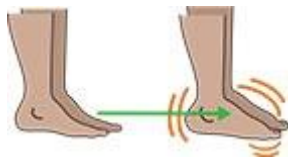
If you need to continue injections at home, your nursing team will teach you how to do this. They will provide you with a sharps box in which to safely store used needles.



If you are unable to inject yourself, and a family member is unable to do this for you, then the community nursing team will give you the injections.

## Symptoms to look out for after leaving the hospital

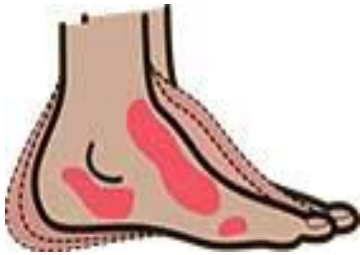
### Symptoms of (DVT) blood clot in your leg



Swelling of the affected leg



Pain in the affected leg



Heat or redness in leg

## Symptoms of (PE) blood clot in your lung



Pain in chest which is worse when you take a deep breath



Trouble with breathing



Cough with blood

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**If you develop any signs or symptoms of a blood clot at any time;**



**Seek medical advice immediately either from your own doctor (GP)**



**Or your nearest hospital emergency department.**

**Thanks to the West Kent  
Valuing People Now for  
their support in reviewing  
this leaflet**

Valuing people  
now in West Kent



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Further information and advice can be obtained from:  
**Thrombosis UK** [www.thrombosis-charity.org.uk](http://www.thrombosis-charity.org.uk)  
**NHS 111** ☎ 111  
**NHS Choices online** [www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.**

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

**Telephone:** ☎ 01622 224960 or ☎ 01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: [www.mtw.nhs.uk](http://www.mtw.nhs.uk) or pick up a leaflet from main reception.

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