

HOSPITALIZED? PROTECTING YOURSELF FROM BLOOD CLOTS IS AS EASY AS 1, 2, 3!

1 BE AWARE, ASK QUESTIONS

Hospitalization greatly increases blood clot risk. If you are hospitalized or planning for surgery, ask your doctor:

- Am I at risk for blood clots?
- Should I be on a medication to prevent blood clots? (You may hear such blood clot prevention measures called 'DVT prophylaxis' by your doctor.)
 - If yes, then: How long should I be on this medication? Only while I'm hospitalized or also after I go home?
- Should I be given elastic compression stockings or a sequential compression device (stockings that inflate with air) to wear while hospitalized?

Learn more about blood clots online at:



ClotConnect.org

2 KNOW YOUR RISK FACTORS

Factors that increase blood clot risk that you should discuss with your doctor:

Immobility:

- Hospitalization
- Prolonged sitting

Surgery and Trauma:

- Major surgery (pelvis, abdomen, hip, knee)
- Bone fracture or cast
- Catheter in a big vein

Increased estrogens:

- Birth control pills, patches, rings
- Pregnancy, for up to 6 weeks after giving birth
- Hormone therapy

Medical conditions:

- Cancer and its treatment
- Heart failure
- Inflammatory disorders, such as lupus, rheumatoid arthritis, inflammatory bowel disease

Other risk factors:

- Previous blood clot
- Family history of clots
- Clotting disorder
- Obesity
- Smoking
- Older age

3 KNOW THE SYMPTOMS

Deep Vein Thrombosis (DVT):

A clot that typically is in one leg (can also be in arm). Symptoms range from mild to severe; may involve the foot, ankle, calf, whole leg or arm.

- Pain
- Swelling
- Discoloration (bluish or reddish)
- Warmth

Pulmonary Embolism:

A blood clot in the lungs

- Shortness of breath
- Chest pain (may be worse with deep breath)
- Unexplained cough (may cough up blood)
- Unexplained rapid heart rate

If you have any of these symptoms, tell your health care provider right away!