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 arm

→ Warmth or redness in the leg or arm

→ 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 Ireland
Spot The Signs... Save A Life

CSN:
20154240

NVTEP
National Venous Thromboembolism Programme
Clár Náisiúnta Tromboembólachta Féithí

HSE

BLOOD CLOT ALERT CARD

Am I at risk?

WHAT CAN I DO TO HELP MYSELF?

→ Ask for your risk of blood clots to be assessed, especially if you are in one of the higher risk groups listed opposite

You have a HIGHER CHANCE of getting a clot in **HOSPITAL** [H] ✈ than on an **AEROPLANE!**

→ 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 blood clot in the veins is more likely 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 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 had 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