For more information: www.thrombosis.ie

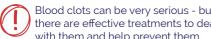
BLOOD CLOT ALERT CARD

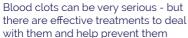
WHAT IS A BLOOD CLOT?

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.









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
- → Severe Headache, that won't go away

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



CSN: 20154240



BLOOD CLOT ALERT CARD

clot in **HOSPITAL**

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Am I at risk?

WHAT CAN I DO TO HELP MYSELE?

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

→ are admitted to hospital and for 90 days after you You have a HIGHER CHANCE of getting a

ao home

YOU MAY BE AT HIGHER RISK IF YOU:

- → 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