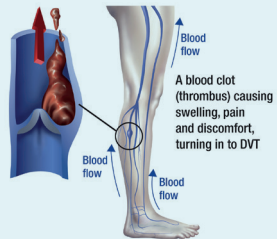


## CLOTS IN THE LEGS

(DVT - Deep Vein Thrombosis)

### What are the main signs and symptoms?\*

- Swelling of one leg or calf (usually the full leg in pregnancy)
- Pain in calf or groin, it may be worse when standing, walking or climbing stairs
- Warmth or redness in the leg

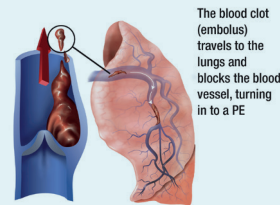


## CLOTS IN THE LUNGS

(PE - Pulmonary Embolism)

### What are the main signs and symptoms?\*

- Sudden unexplained breathlessness or rapid breathing
- Sudden, sharp chest pain (particularly when breathing deeply)
- Coughing or coughing up blood



The blood clot (embolus) travels to the lungs and blocks the blood vessel, turning in to a PE

### 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
- 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 clot can form 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

**Speak to your doctor or nurse if you are concerned – you may be at risk**

\*You may not have all or any of these symptoms



# BLOOD CLOTS

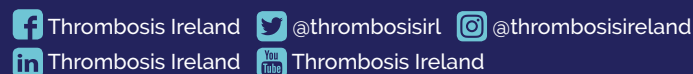
## Am I at risk?

Endorsed by



+353 87 363 4828 | [info@thrombosisireland.ie](mailto:info@thrombosisireland.ie) | [www.thrombosis.ie](http://www.thrombosis.ie)

Charitable Status Number: 20154240



Thrombosis Ireland  
Charitable Status Number: 20154240





## WHAT IS DVT?

DVT is a condition that occurs when blood clots form in deep veins, usually in the legs. If a vein becomes damaged or if the flow of blood slows down, a clot can develop. This can often cause symptoms such as redness and swelling of the leg.

### HOW DO I RECOGNISE A DVT?

Sometimes there are no symptoms and a DVT is only diagnosed if a complication occurs. Symptoms may include:



Swelling of one leg or calf (usually the full leg in pregnancy)



Pain in calf or groin, it may be worse when standing, walking or climbing stairs



Warmth or redness in the leg

If you think you are experiencing the symptoms of a DVT, it is very important that you call your doctor immediately or present to the nearest Emergency Department.

### HOW IS A DVT DIAGNOSED?

You may be given any of the following tests to diagnose a DVT:

- D-dimer blood test (blood test used to rule out blood clots in combination with a risk score)
- Ultrasound

## WHAT IS A PE?

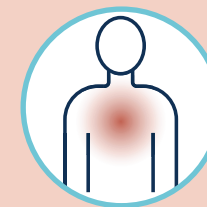
Pulmonary embolism is a condition when a blood clot blocks one of the main arteries in the lung or one of its branches. Pulmonary embolism often results from deep vein thrombosis, but can also develop independently.

### HOW DO I RECOGNISE A PE?

Sometimes there are no symptoms, but many people may feel some or all of these symptoms. They include:



Sudden unexplained breathlessness or rapid breathing



Sudden, sharp chest pain (particularly when breathing deeply)



Coughing or coughing up blood

If you think you are experiencing the symptoms of a PE, it is very important that you immediately, dial 999 or present to the nearest Emergency Department

### HOW IS A PE DIAGNOSED?

You may be given any of the following tests to diagnose a PE:

- Chest x-ray
- Lung scan (VQ scan)
- CT or spiral CT scan
- Pulmonary angiogram
- D-dimer blood test (blood test used to rule out blood clots in combination with a risk score)