



**Thrombosis Ireland**  
Spot The Signs... Save A Life

# BLOOD CLOTS

## Am I at risk?

## Have you received your Alert Card?


For more information:  
[www.thrombosis.ie](http://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.

**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**



CSN:  
20154240



### 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
- 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 have a **HIGHER CHANCE** of getting a clot in **HOSPITAL** than on an **AEROPLANE!** 

#### 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

**Ask to be assessed for your risk of a blood clot.**

PP281C



Unit 4, Terenure Enterprise Centre, 17 Rathfarnham Road, Dublin 6W, Ireland - D6W YW11

+353 87 363 4828 | [info@thrombosisireland.ie](mailto:info@thrombosisireland.ie) | [www.thrombosis.ie](http://www.thrombosis.ie) | Charitable Status Number: 20154240

 Thrombosis Ireland  @thrombosisirl  @thrombosisireland  Thrombosis Ireland  Thrombosis Ireland