

Admitted to hospital?
- Ask for your risk of blood
clots to be assessed



THROMBOSIS IRL 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 calf
- Warmth or redness in the leg
- 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

ALERT CARD

BLOOD CLOTS - am I at risk?

WHAT CAN I DO TO HELP MYSELF?

- Ask for your risk of blood clots to be assessed if you are admitted to hospital
- Walk and move as much as possible
- Drink plenty of fluids
- If directed to use stockings or medication, 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 have a HIGHER CHANCE of getting a clot in **HOSPITAL**



Than on a **AEROPLANE!**

YOU MAY BE AT INCREASED RISK IF:

- In hospital and for the 90 days after discharge
- Immobility (More than 3 days in bed or long haul travel more than 6hrs) or in a leg cast
- Surgery
- Active cancer or receiving cancer treatment
- You or a close relative had a blood clot in the leg or lung
- Thrombophilia (tendency to clot)
- Pregnancy or up to 6 weeks after birth
- Oral contraceptive pill or HRT
- Heart, lung or inflammatory disease
- Age over 60 years or being overweight
- Varicose veins with phlebitis



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service