



DP01 Reducing your risk of developing a blood clot

Stopping blood clots

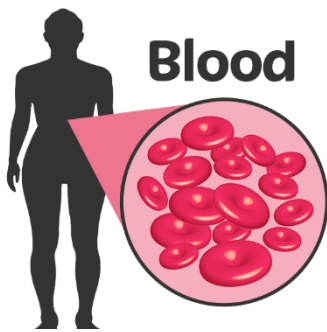


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About blood clots

A **blood clot** is when your blood sticks together.



This happens when you cut yourself so you stop bleeding.

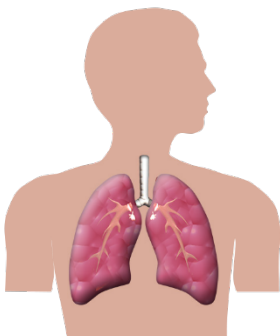


But sometimes you can get a blood clot inside your body. This can cause problems.



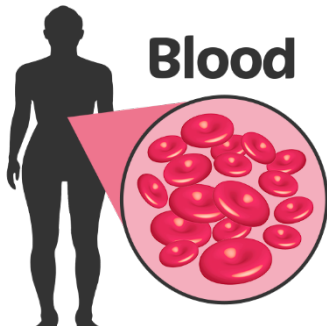
You can get a blood clot in your leg. It can make your leg:

- Painful.
- Swollen.
- Red.



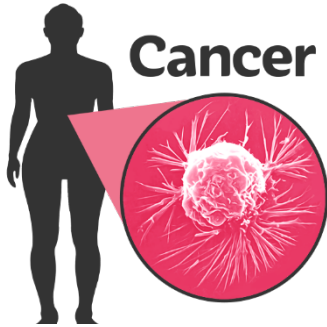
Sometimes the blood clot can move from your leg to your lungs.

This can be very serious.



Getting a blood clot

There is more chance of getting a blood clot if:



- You have cancer.



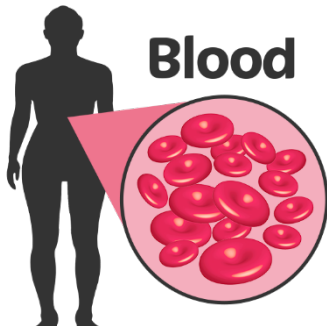
- You are over 60.



- You are very overweight.



- You don't drink enough water.



Getting a blood clot

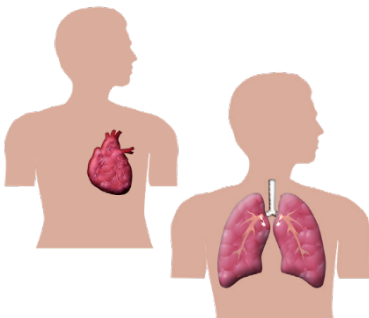
There is more chance of getting a blood clot if:



- You smoke.



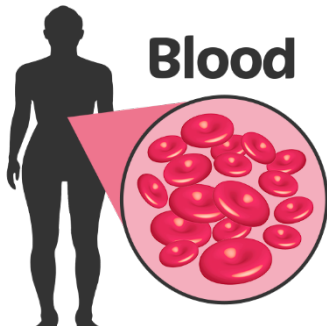
- You have an illness that makes your blood clot too much.



- You have heart or lung problems.



- Someone in your family has had a blood clot.



Getting a blood clot

There is more chance of getting a blood clot if:



- You are having a treatment called **hormone replacement therapy**.



- You are on the pill.



- You have lumpy veins in your legs.



- You are pregnant or have had a baby in the last **6 weeks**.



Getting a blood clot

Even if you don't have a high chance of getting a blood clot you can still be at risk if:



- You are moving around less than normal for more than **3 days**.



- You are travelling for more than **4 hours**.



- You are having an operation on or near your tummy.



- You are having an operation that takes a long time.



Stopping blood clots in hospital

If you are in hospital the doctors and nurses will ask you to do things to help stop blood clots like:



- Wear special socks.
- Use a machine to squeeze your leg to make the blood flow better.



- Take medicine or have injections.



- Walk around as much as you can.



- Move your feet and legs if you have to stay in a chair or bed.



Stopping blood clots

Other things you can do to help stop blood clots:



- **Don't** cross your legs.



- Drink lots of water.



- Stay a healthy weight.



- Stop smoking.

You should carry on doing these things when you get home after a stay in hospital.



If you think you have a blood clot

Call the doctor straight away if your leg is:

- Painful, red or swollen.



Call an ambulance if you:

- Have problems breathing.
- Have pain in your chest or back.
- Cough up blood.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call