



Discharge Advice for Possible Clot in the Leg

Deep Venous Thrombosis (DVT)

**Discharge advice for patients following attendance with a possible clot in the leg
(Deep Venous Thrombosis – DVT)**

You have been assessed today (date: __ / __ / __) for a possible blood clot in your leg(s) using a clinical examination and blood test. The results suggest that you are very unlikely to have such a clot.

Why is my leg sore or swollen?

You may have been given a specific explanation for this. However, if there is no other obvious cause, the most common explanation is a muscle injury which should go away over the next week.

Can I still have a clot?

The blood test and clinical examination system we use can never completely exclude a clot. The chance of us failing to detect a clot has however been estimated to be very low, (typically less than 1 in 200 for people like yourself who have a sore leg).

Why didn't I get blood thinning drugs?

This treatment is not without risks, such as bleeding. Although these risks are uncommon, they mean we should use the drugs only when there is a clear benefit to outweigh these risks.

Why did I not get any other tests (eg. an ultrasound scan)?

We feel this is unnecessary because your chance of having a clot is so low.

However, since we can never fully exclude the possibility of a clot (DVT), and in the interests of your own health, you are advised to return to the Emergency Department for further assessment (and possibly an ultrasound scan) in certain circumstances – see below and overleaf.

What should I look out for?

- Increased pain or swelling in the leg
- Sudden onset of breathlessness that is unusual for you
- Chest and/or back pains that are unusual for you
- Coughing or spitting up blood
- Any episode of collapse
- Fast heart rate, racing pulse or palpitations
- If there is absolutely no improvement in your symptoms, with the treatment given, in the next few days.

If you have unusual chest or back pain, coughing or spitting up blood, or an episode of recent collapse, call 999 immediately and advise the operator that you have recently been tested for DVT.

Further help and information

Western Isles Hospitals

Western Isles Hospital
Macaulay Road
Stornoway
Isle of Lewis HS1 2AF

Uist & Barra Hospital
Balivanich
Benbecula
HS7 5LA

St. Brendan's Hospital
Castlebay
Barra
HS9 5XD

Tel. 01851 704704

Tel. 01870 603603

Tel. 01871 810465

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.