

Further information and help

If you have any questions while in hospital, please ask a member of your health care team.

When you go home, please contact your GP Practice or NHS 24 for advice if required.

Quit Your Way Hebrides

Quit Your Way Hebrides is your free local NHS advice and support service run by friendly, trained, smoking cessation advisors, who can explain the options open to you.

This includes the advantages of different kinds of Nicotine Replacement Therapy (NRT) and the types of help available, as well as answer any questions you may have. Tel. 01851 701623 or email: wi.hebridesquityourway@nhs.scot

Useful Information

NHS Inform	www.nhsinform.scot
NHS 24	Freephone 111 www.nhs24.scot
NHS Choices:	www.nhs.uk
EMC (Electronic Medicines Compendium)	www.medicines.org.uk

Note. The internet is a fantastic way to access information. Unfortunately this information can sometimes be misleading. If you are at all unsure ask your healthcare provider.

Notes

Use the space below to write down any questions you might have or to make notes.

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/feedback 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.

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Based on SIGN Guidelines 122 (Prevention and Management of Venous Thromboembolism)

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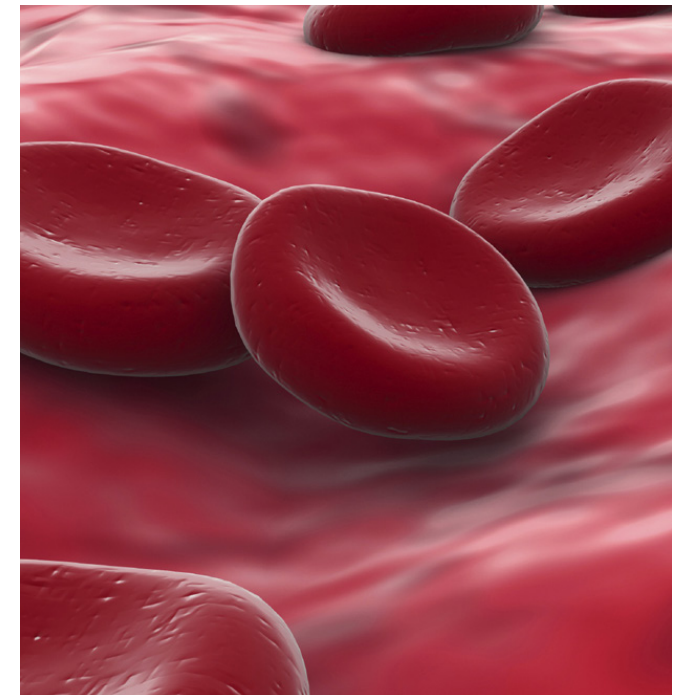
The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Reducing your risk of blood clots



Advice for adults coming into hospital and on discharge from hospital

What are blood clots?

A blood clot, or 'deep vein thrombosis' (DVT), usually forms in the deep veins within the legs, but it can happen elsewhere in the body too.

If the clot moves, or a piece breaks off and travels to the lung, it is called a 'pulmonary embolism' (PE). A PE is a serious condition that may result in serious illness, long term disability or even death.

On admission to hospital

When you come into hospital, your health care team should discuss with you how to reduce the risk of you developing a blood clot.

Your health care team may consist of doctors, nurses, midwives, physiotherapists, occupational therapists, pharmacists, and others.

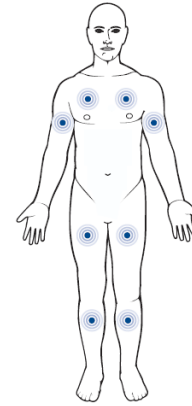
Am I at risk of developing a blood clot?

Everyone has a small risk of developing a blood clot. This risk can be increased at certain times in your life, such as being pregnant, or being admitted to hospital. Sometimes it can happen for no reason at all.

Please ask a member of your health care team to find out if you have had a blood clot risk assessment carried out.

Where do blood clots occur?

Blood clots can occur in the calf, the thigh, the arms or the lungs.



What can I do to reduce my risk of developing a clot?

- Ask any member of your healthcare team if you are at risk of developing a blood clot.
- Follow any instructions that you have been given about medication that has been prescribed for you.
- If you have been prescribed antiembolic stockings (white elastic stockings called 'TEDS') please wear them as instructed. If these fall down, or are too tight, inform a member of your health care team.
- Get up and about (when advised by your health care team that it is safe to do so).
- Do any exercises recommended to you by your health care team.
- Drink plenty of water, unless advised not to by your health care team.
- Stop smoking. If you need help to stop smoking contact your health care team or ask to be referred to the Smoking Cessation Service.

How will I know if I develop a clot?

The following symptoms may indicate the presence of a clot:

- Tight, throbbing pain in the leg (usually the calf)
- Swelling of the legs or arms (either new, or swelling that is getting worse)
- Any redness or heat in the calf or leg or arm
- Shortness of breath
- Coughing up blood/blood in your spit
- Chest pain and/or back pains that are unusual for you
- Fast heart rate, racing pulse or palpitations
- Any episode of collapse

Tell your health care team if you experience any of the above symptoms.

Am I still at risk when I leave hospital?

It is still possible that you could be at risk of developing a clot when you leave hospital, therefore you should continue to follow the advice given to you by your health care team.

If you experience any of the symptoms listed above, please contact your GP immediately.

Please note: Smoking is banned on NHS Western Isles property, including all buildings, all vehicles and grounds, making NHS Western Isles completely smoke free.