

Blood Clots



What are blood clots

A blood clot is a hard lump of blood that can form inside your body.

Usually found in your leg, sometimes both legs.
Anyone can get a blood clot. You are more at risk if you are pregnant, ill or having an operation in hospital.
Sometimes it can make you very ill.



Signs of a blood clot

Pain in the legs.

Swelling in the leg, it may be swollen or tight.

Skin may feel warm over the sore area.

Red skin around the sore area that may look like a bruise.

Veins that look swollen and might feel sore when touched.



What causes a blood clot

If you have had a blood clot before.

If a family member has had a blood clot.

Being pregnant.

Taking tablets for birth control or Hormone replacement therapy (HRT).

Having an operation.

Limited mobility after an accident such as breaking your leg.

Long Journeys over 4 hours where you do not move about much, such as on an aeroplane.

Smoking or vaping.

Being overweight.

Getting Older.

Having cancer.

Having a medical condition known as “sticky blood”.



Treatment for a blood clot

The treatment is a medicine which thins your blood (anticoagulant).

It helps stop your blood from forming more clots and prevents old clots getting bigger.

It might be a tablet.

It might be an injection.

These medicines protect you from blood clots but sometimes they can give you:

- An allergic reaction (like a rash)
- Bruises
- Bleeding (nose bleeds, heavy periods and internal bleeding)

You will feel better after a couple of days.

The pain and swelling will go away when the medicine starts to work.

An operation is not usually needed.

Depending on the blood clot you might take the medicine for 3 months or longer, sometimes for life.

You will have a special blood test to decide what is best for you and your doctor will talk to you about this.

What happens after treatment

You might be referred to the local hospital to go to a special clinic (anticoagulation clinic).

Your GP might look after you.

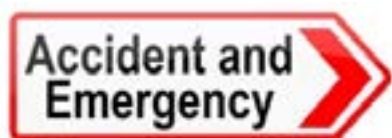
Both teams will check your medicine is working properly.

They will do blood tests to see if the medicine is working and if any changes are needed.

You can ask questions at any time.

The hospital/GP are there to support you and explain anything you do not understand.





When to get urgent help

If your symptoms get worse.

If you have new symptoms.

If you have chest pain or get short of breath.

If you start to cough up blood or vomit blood.

If the swelling to the area gets bigger.

Ring 111 or attend the Accident and Emergency Department (A+E).



How to look after yourself after a blood clot

You may feel tired at home and less active than normal.

Don't push yourself too hard in first few weeks.

Give your body time to recover before going back to regular exercise.

If you have pain take paracetamol.

Do not take aspirin, ibuprofen, naproxen or diclofenac.

Always check if you have any new medicine, even tablets you may buy over the counter. Speak to the pharmacist before taking.

Eat well.

Drink plenty of water.

Stay active.

Keep an eye on your weight.

Limit alcohol it can affect how the medicine works.

Alcohol puts you more at risk of falls and injuries.

Hold off long distance travel for 2 weeks.

Useful information

More information about blood clots can be found:

<https://www.nhs.uk/conditions/deep-vein-thrombosis-dvt>

<https://thrombosisuk.org>

If you have any comments about this leaflet or the service you have received you can contact :

Anticoagulation service

Telephone: 01484 355014

Email: anticoagulation.service@nhs.net

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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