

Things You Can Do...

- Walk if you are able to because it helps your blood flow
- Talk to your doctor or nurse about your risk for developing a blood clot
- Ask if medications are needed to help reduce your chance of getting a blood clot
- If a medication is ordered to help prevent blood clots, be sure to receive all doses
- Ask your doctor or nurse if mechanical methods are appropriate to help improve your blood flow

It is Important to Remember...

Medications	Mechanical Devices
In order to prevent blood clots, it is important that you receive all doses of the medication ordered for you. These medications are important to receive even if you are able to get up and walk.	Mechanical devices should be worn when sitting in a chair or resting in the bed. These devices are important to wear even if you are able to get up and walk.

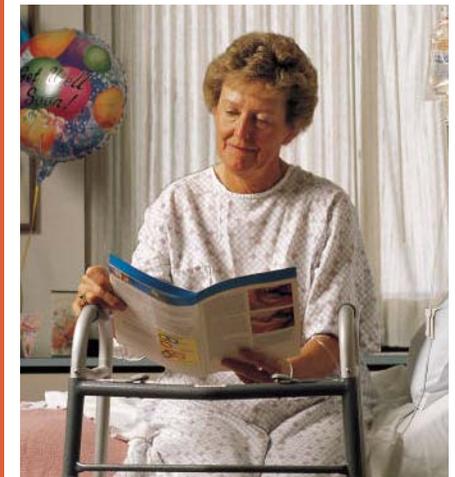
Additional Resources

- 1) www.clotconnect.org
- 2) www.cdc.gov/ncbddd/dvt/index.html



10/2012

Preventing Blood Clots While Hospitalized



Important information that you, as a patient, should know about blood clots.

How Can I Prevent a Blood Clot While I am in the Hospital?

What is a blood clot?

- Blood clots can form when something slows or changes the flow of blood within your veins
- Blood clots usually form in the lower leg or thigh, but can travel up to your lungs
- A blood clot in the lungs is called a pulmonary embolism (PE)



- Symptoms of a blood clot in the leg or arm may include:
 - Redness
 - Warmth
 - Pain
 - Swelling
- Symptoms of a PE:
 - Shortness of breath
 - Rapid heart rate
 - Unexplained cough
 - Chest pain

Am I at Risk for a Blood Clot?

- There are many factors that may increase your risk for developing a blood clot
 - Age
 - Cancer
 - Previous blood clots
 - Known blood clotting disorder
 - Recent fracture
 - Recent surgery
 - Heart attack
 - Stroke
 - Infection
 - Heart failure
 - Respiratory failure
 - Birth control pills or estrogen
 - Obesity
 - Bed rest
 - Sitting for long periods of time
 - Smoking

What can I do to Prevent a Blood Clot?

- Walking is one of the best things you can do to help reduce your chance of getting a blood clot
- In addition to walking, there are two other options available to help prevent clots:
 - 1) Medications
 - 2) Devices

	Devices	Medications
Why use it?	Improve blood flow	Prevent blood from clotting
What kinds are available?	Stockings Foot pumps Inflatable devices	Blood thinners: Heparin & Lovenox® are most common