

Help us 'Stop the Clot' Going home

When you were admitted to hospital, we told you that your risk of developing blood clots (otherwise known as venous thromboembolism or VTE) may be higher than normal.

Now that you are up and about your risks are less, but research shows that some people may develop a blood clot up to 3 months **after** they go home. Here are things that you can do to help prevent a blood clot when you are at home.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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1. Keep active

Get some exercise every day. If you find this difficult, make sure that you carry on with your leg exercises.



2. Drink plenty

Unless your doctor has told you otherwise, you should drink up to a glass of water (or squash) with each meal and at least one more between each meal.



3. Don't smoke

Speak to your GP or practice nurse for help to stop smoking.

For expert advice and tips visit:

www.smokefree.nhs.uk

or call 0300 123 1044.

4. **Speak to your GP** if you have any questions about VTE.

5. See your GP straightaway if:

- you develop pain, swelling or redness in a leg, or
- you become suddenly short of breath, or have chest pain.

