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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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Help us 'Stop the Clot'

If you are unwell and are not moving around as much as normal, your risk of developing blood clots, (otherwise known as venous thromboembolism or VTE) may be higher than normal.

Your doctor will assess your risk of VTE and you may be prescribed injections or stockings to reduce your risk. However there are things that you can do to help yourself.



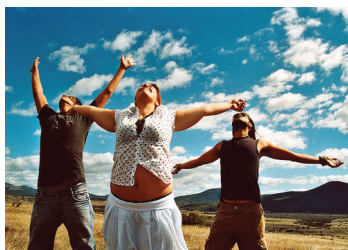
1. **Get out of bed as soon as you can.** Staying in bed makes your muscles weak. The sooner you get out of bed, the sooner you will get better.



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2. If you have been told to stay in bed **exercise your legs** every hour:

- pump each foot up and down briskly for 30 seconds by moving your ankle
- move each foot in a circular motion for 30 seconds
- bend and straighten your legs – one leg at a time, three times for each leg.



3. **Take deep breaths.** Every hour, sit up straight and take a couple of really deep breaths, in and out.



4. **Drink plenty.** Unless your doctor has told you otherwise you should drink a glass of water (or squash) with each meal and at least one more in between.

If you have any questions about VTE, please ask the doctors or nurses caring for you.