



Blood Clots Reducing your risk in hospital and at home



Patient Safety

patientinformation

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەوادی ئەم بەلگەنامە بە تێبێگات یان بێخوێنتێتەو، تکایە پەیوەندیمان پێوە بکە لەسەر ناو ژمارەییە سەروددا یان بەو نێمەیلە.

Arabic

عربی

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through InSite.

Top tips to reduce the risk of developing a DVT/PE

- Keep mobile
- Drink plenty
- Flex your ankles

Important information about Deep Vein Thrombosis and Pulmonary Embolism, during your stay in hospital.

This booklet is designed to help you understand Deep Vein Thrombosis (DVT), Pulmonary Embolism and the care you will receive as an inpatient at Rotherham Hospital.

What is a blood clot?

When you cut yourself the body responds by forming a scab, this is known as a 'clot' to stop you bleeding.

What is Deep Vein Thrombosis (DVT)?

A DVT occurs when a blood clot forms in a deep vein. A DVT most commonly occurs in the deep veins of your lower leg (calf), or your arms.

What is a Pulmonary Embolus?

In some cases the blood clot becomes loose and can break off and travel through your bloodstream, this is known as an embolus. If the blood clot travels to your lungs it is called a Pulmonary Embolism (PE), and it can be fatal.

What are the risk factors?

A DVT is more likely to occur when you are unwell and less mobile than usual. During your stay in hospital, you will be assessed by a health care professional for your risk of developing a blood clot.

The risk factors include:

- Surgery
- Previous DVT
- Being overweight
- Being over 60
- Dehydration
- Immobility
- Blood disorders
- Cancer
- HRT or contraceptives
- Pregnancy

Treatment

Once risk assessed for DVT and bleeding you will be offered advice on what treatment will reduce your risk of developing a DVT, which is suited to your needs.

These treatments include:

- **Anticoagulant medicine** which helps prevent blood clots. This is usually an injection given once daily by your nurse.
- **Compression stockings** called Anti Embolic Stockings (AES) or a compression device, to help keep the blood in your legs circulating.

How can I reduce my risk of developing a DVT?

- Keeping mobile
- Drinking plenty
- Flexing your ankles

It is important for you to comply with the recommended treatments to reduce your risk of developing a DVT/PE. You can ask questions about your care and be given any information you need regarding your treatment. For specific treatment and information please talk to ward staff where you are being treated.

Important Information for you and your carers about reducing your risk of DVT/PE on your discharge from hospital.

What happens now?

Even though you are well enough to go home you still might be at risk of developing a DVT/PE. You may need to continue treatment with Anti Embolic Stockings. You will be given advice on fitting and wearing your support stockings at home. If you need to continue treatment with an anticoagulant injection or medications, you will be given advice on treatment and how long you will need to continue with it.

What are the signs and symptoms of a DVT/PE?

If you experience any signs and symptoms of a DVT/PE listed below, seek medical advice immediately.

- Pain or swelling in your leg
- The skin of your leg feeling hot or discoloured
- The veins near the surface of your leg appearing larger than normal
- Shortness of breath
- Pain in your chest or upper back
- Coughing up blood

If you have any concerns regarding your treatment or anything related to your hospital admission or discharge, don't hesitate to ask a member of staff.

We hope this booklet has answered any questions you may have had and helped guide you in how you can reduce the risks of DVT/PE.

How to contact us

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

www.anticoagulateurope.org

www.thrombosis-charity.org.uk

www.bhf.org.uk

www.heartuk.org.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments
or concerns about the services
we have provided please
let us know, or alternatively
you can contact the
Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461

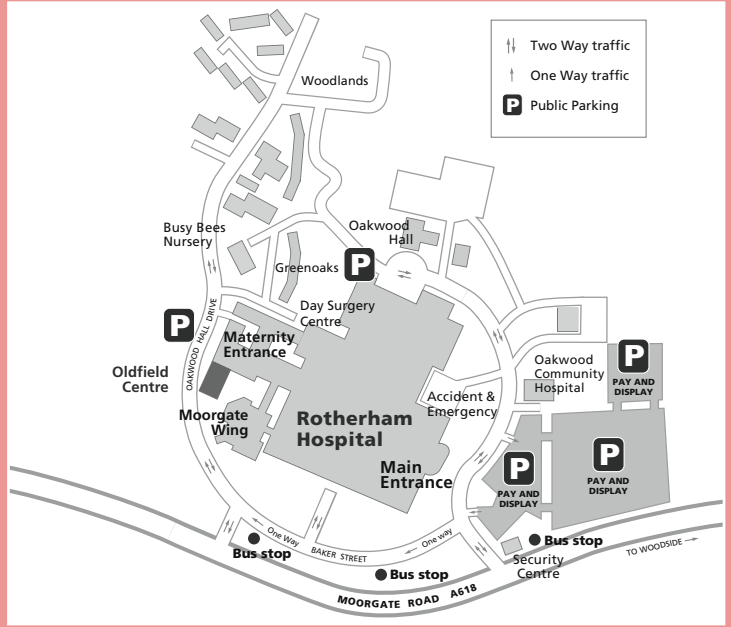
Monday to Friday

9.00am until 4.00pm

Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS 631 07/15 V5 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

