

Deep Vein Thrombosis (DVT)

Patient information leaflet

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is Deep Vein Thrombosis (DVT)?

A DVT is a blood clot (thrombus) in a deep vein, usually in your leg. You can also get them in veins in other parts of your body, such as your arm.

When a DVT develops, the blood flow through the vein is either partially or completely blocked by a blood clot. This can cause your affected limb to become painful, red and swollen.

Are there any complications?

If a piece of the blood clot breaks off from the DVT, it can travel through your bloodstream to your lungs, where it blocks one of the blood vessels. This blockage is called a Pulmonary Embolism (PE). A PE can cause you to cough up blood stained spit, have chest pain and feel short of breath. DVT and PE are known together as Venous Thromboembolism (VTE).

If you have had a DVT, you can develop a long-term condition called post thrombotic syndrome.

Symptoms can range from mild to severe and include:

- Calf pain, discomfort,
- Swelling and rashes.
- If it is severe, you can develop ulcers.

To reduce the risk of post thrombotic syndrome and discomfort it is advisable to elevate the affected limb when resting and to avoid strenuous activity, especially in the first 4-6 weeks.

What causes DVT?

Your blood usually flows quickly through the veins in your leg because of the squeezing action of your muscles as you move. This stops a clot from forming. DVTs can sometimes develop for no apparent reason, but there are several things that make you more likely to develop one.

These include:

- A recent hospital admission.
- Recent surgery.
- A recent flight/long haul travel.
- Trauma/vascular injury/fracture.
- Pregnancy.
- Stroke.
- Oral contraceptive pill.
- Hormone Replacement Therapy (HRT)..
- Family history of VTE.
- Having active cancer.
- Reduced mobility caused by having a major operation, an illness or injury, or long journeys where you cannot get up and move around.
- A family history of DVT and PE.
- Having a DVT / PE before.

How are DVTs treated?

You have been prescribed an anticoagulant (often referred to as blood-thinning medication). These make your blood take longer to clot and you take them to stop your body from forming more blood clots. Anticoagulants will not break down any blood clots. Your body does this naturally over a period of time.

When taking anticoagulants it is important to:

- Take medication regularly at the same time each day
- Keep all clinic appointments
- Keep your anticoagulant alert card with you at all times
- Let your doctor know if you become pregnant or are planning on becoming pregnant.

If you experience any of the following symptoms please seek medical attention

- Chest pain
- Shortness of breath
- Bleeding cuts that won't stop
- Nose bleeds that won't stop
- Sudden change in your health,
- Bleeding gums
- Unexpected bruising that won't stop
- Blood in vomit or sputum
- Blood in urine or faeces, or black faeces

Follow-up appointments

Review appointments will be made by your anticoagulation team and sent out to you in the post.

Most patients will have a two week phone review and a three month face to face review. If you would prefer a telephone review please specify this to your anticoagulation nurse.

Our details

Whiston Hospital

Anticoagulation clinic
Monday – Friday, 9am – 5pm
Telephone: 0151 290 4176

Out of hours, contact 111 by phone or online.

Where can I find more information?

You can speak to your thrombosis team if you have questions or need advice. A wealth of information can be found on the Thrombosis UK website (thrombosisuk.org) and the 'Lets Talk Clots' patient information app.

App Store



Google Play Store



PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS
Whiston Hospital,
Warrington Road,
Prescot,
Merseyside,
L35 5DR:
Tel: 0151 290 4176

PALS
Southport Hospital,
Town Lane,
Southport,
Merseyside,
PR8 6PN:
Tel: 01704 704 703

Email: anti-coagreferrals@merseywestlancs.nhs.uk

Whiston Hospital
Warrington Road, Prescot,
Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road, St Helens,
Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew, Southport,
Merseyside, PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111