



Thrombosis Ireland
Spot The Signs... Save A Life

BLOOD CLOTS

Am I at risk?

Blood Clot Information

For more information:
www.thrombosis.ie

BLOOD CLOT ALERT CARD

WHAT IS A BLOOD CLOT?
This is the formation of a clot inside a blood vessel, usually in the leg, which may break off and go to the lungs. This can be fatal.

60% of clots happen in **HOSPITAL** or in the **90 DAYS** following admission.

SIGNS AND SYMPTOMS OF A BLOOD CLOT

- Swelling or pain in one leg or arm
- Warmth or redness in the leg or arm
- Short of breath or rapid breathing
- Chest pain (particularly when breathing deeply)
- Coughing or coughing up blood

If you have one or more of these, you may have a clot and need urgent treatment

Thrombosis Ireland
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CSN: 20154240

NVTEP
National Venous Thromboembolism Programme
Clár Náisiúnta Trombóembólachta Féithí

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Blood clot information
(English)

BLOOD CLOT ALERT CARD

Am I at risk?

WHAT CAN I DO TO HELP MYSELF?

- Ask for your risk of blood clots to be assessed, especially if you are in one of the higher risk groups listed opposite
- Walk and move as much as possible
- Drink plenty of fluids
- If directed to use stockings or medication to prevent or treat a clot follow instructions exactly
- Remember, a blood clot in the veins is more likely up to 90 days after being in hospital
- If you have any signs or symptoms of a clot, take **immediate action** to seek medical help

You have a HIGHER CHANCE of getting a clot in HOSPITAL than on an AEROPLANE!

YOU MAY BE AT HIGHER RISK IF YOU:

- are admitted to hospital and for 90 days after you go home
- have active cancer or receiving cancer treatment
- are pregnant or have had a baby less than 6 weeks ago
- become immobile (more than 3 days in bed / travel non-stop more than 6 hours / in a leg cast)

RISK MAY INCREASE FURTHER IF:

- you or a close relative had a blood clot
- you had surgery in the last 90 days
- you have thrombophilia (tendency to clot)
- you are on the oral contraceptive pill or HRT
- you have heart, lung or inflammatory disease
- you are over 60 years of age or are overweight
- you have varicose veins that become red and sore



معلومات خلية دموية
(Arabic)



血液凝块信息
(Chinese)



Informacije o krvnom
ugrušku
(Croatian)



Oplysninger om
blodprop
(Danish)



Informatie over
bloedprop
(Dutch)



Informations sur les
caillots sanguins
(French)



Information zu
Blutgerinnsel
(German)



ιατρικές πληροφορίες για
θρόμβους
(Greek)



Eolas faoi
théachtáin fola
(Irish)



Informazioni sulla
coagulazione del
sangue
(Italian)



血栓について
(Japanese)



Informacija apie
kraujo krešulius
(Lithuanian)



Informacje na temat
zkrzepów krwi
(Polish)



Informações sobre
coágulos sanguíneos
(Portuguese)



Informații despre
cheagurile de sânge
(Romanian)



Информация о
тромбах
(Russian)



Información sobre los
coágulos sanguíneos
(Spanish)



Information on
blodpropp
(Swedish)



Інформація про
тромби
(Ukrainian)



(Urdu)

Ask to be assessed for your risk of a blood clot.

PP281C



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