

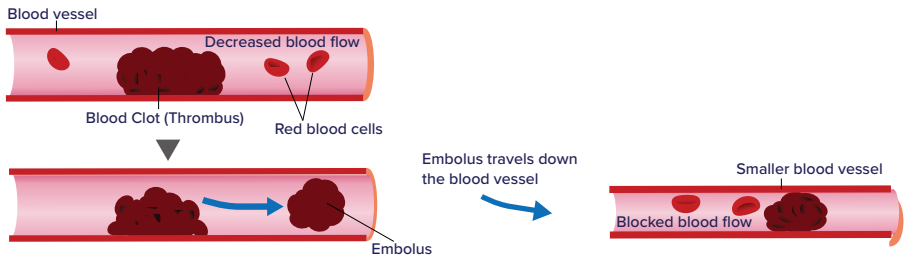
Blood Clots in Pregnancy and After Birth

What you need to know



What is a Blood Clot?

A blood clot is a semi-solid mass of blood cells and other substances that form inside a blood vessel, which obstructs the flow of blood and can have serious consequences.



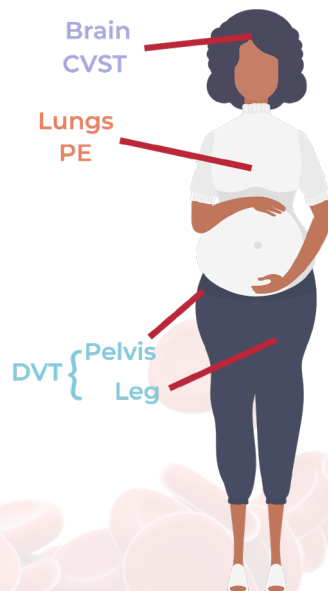
It usually forms in the deep veins of the leg or pelvis. This is called **DVT/deep vein thrombosis**.

A piece of this clot can break off and travel to the lungs. This is called **PE/Pulmonary Embolism**.

Together, DVT and PE make up venous thromboembolism (VTE):

DVT + PE = VTE/Venous Thromboembolism.

In rare cases, venous blood clots can occur in the blood vessels of the brain. This is called **CVST, Cerebral Venous Sinus Thrombosis**.

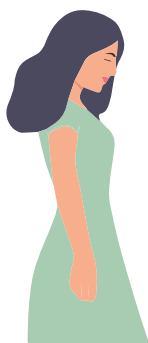


Am I at Risk of a Blood Clot?

Blood clots are more likely to happen when you are pregnant and in the six weeks after your baby is born.

When you are pregnant, DVT can form in the leg or pelvis (often in the left leg in pregnancy).

It's important to know that some women may experience symptoms of PE without any leg symptoms beforehand.



First Trimester



Second Trimester



Third Trimester

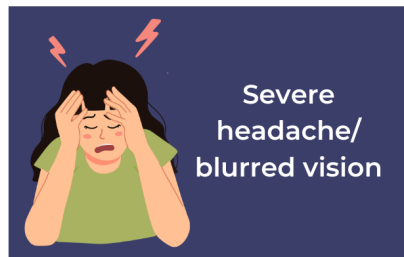
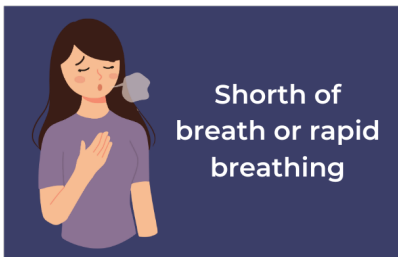


Up to 3 months after
delivery

Be vigilant for the signs of a blood clot, as it is important to diagnose it rapidly, and to start treatment with a blood thinner as soon as possible. This can be lifesaving, as blood clots can be very treatable if diagnosed on time, but very dangerous if the signs are ignored.

Spot the Signs

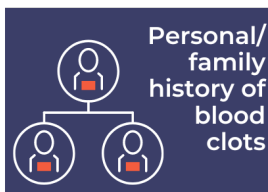
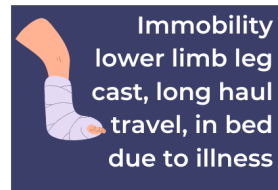
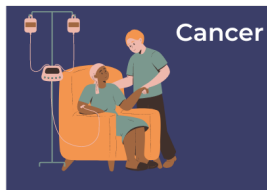
SIGNS AND SYMPTOMS OF A BLOOD CLOT



If you experience any of these symptoms you should seek medical attention immediately.

Risk Factors

If you experience the following while pregnant or for 6 weeks after giving birth, your risk of experiencing a blood clot may increase further:



Speak to your Nurse, Midwife or Doctor about preventative measures:



Ask for a blood
clot risk
assessment



Walk and move as
much as possible



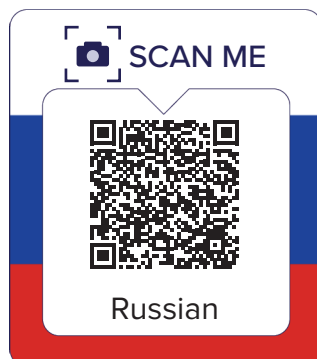
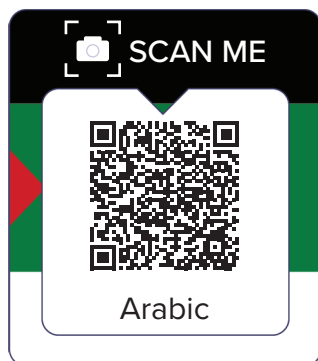
Keep hydrated,
drink plenty of
water



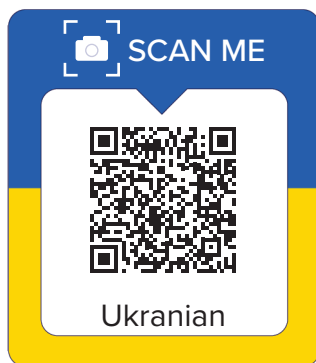
If using compression
stockings or medication,
follow instructions exactly

Translations

For translations, scan the QR codes below:



Translations



For more information go to:



www.thrombosisireland.ie
www.worldthrombosisday.org
www.thrombosisuk.org
www2.hse.ie/conditions/blood-clots-pregnancy



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