

How to avoid blood clots

Information for patients

Read this leaflet carefully.

If you have any questions, talk to your doctor or nurse.

This leaflet gives important information about how to avoid blood clots:

- in hospital, and
- when you go home, after your stay in hospital.

A blood clot is a lump of blood that forms inside your body.

A blood clot can be dangerous. It can cause pain and make you short of breath.

Text only



Anyone can get a blood clot.

You are more at risk if you are:

- pregnant
- unwell, or
- having an operation in hospital.

Help yourself to avoid getting a blood clot.

- Stay active.
- Move around as much as you can.
- Do leg exercises. Do these sitting or lying down.
- Move your ankles.
- Wiggle your toes.
- Drink plenty of water. Try to drink 6 to 8 glasses of water a day.
- Talk to your doctor or nurse.

Your doctor can help you avoid getting a blood clot as well.

- Your doctor may give you medicine.
- This will be an injection or tablets.

Your doctor may tell you to wear:

- special stockings; or
- inflatable sleeves around your leg.

If you need help putting your stockings on, please ask a nurse.

Tell your doctor or nurse straight away if:

- Your leg or arm swells
- You feel pain in your leg or arm
- Your leg or arm is hot or red
- You are short of breath, have chest pain, or have blood in your spit.

If any of the above signs happen at home, go to your nearest Emergency Department.

Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

Phone: 01227 78 31 45 The team can phone you back.

Email: ekh-tr.pals@nhs.net

Post: Patient Advice and Liaison Service (PALS)
Trust Offices Kent and Canterbury Hospital
Ethlebert Road, Canterbury
CT1 3NG

Created together with people with a communication need, the
experts by experience