

WHAT PATIENTS CAN DO TO REDUCE THE RISK OF CLOTS IN THE BLOOD, ALSO KNOWN AS **VENOUS THROMBOEMBOLISM (VTE)**

NO LIMIT TO BETTER

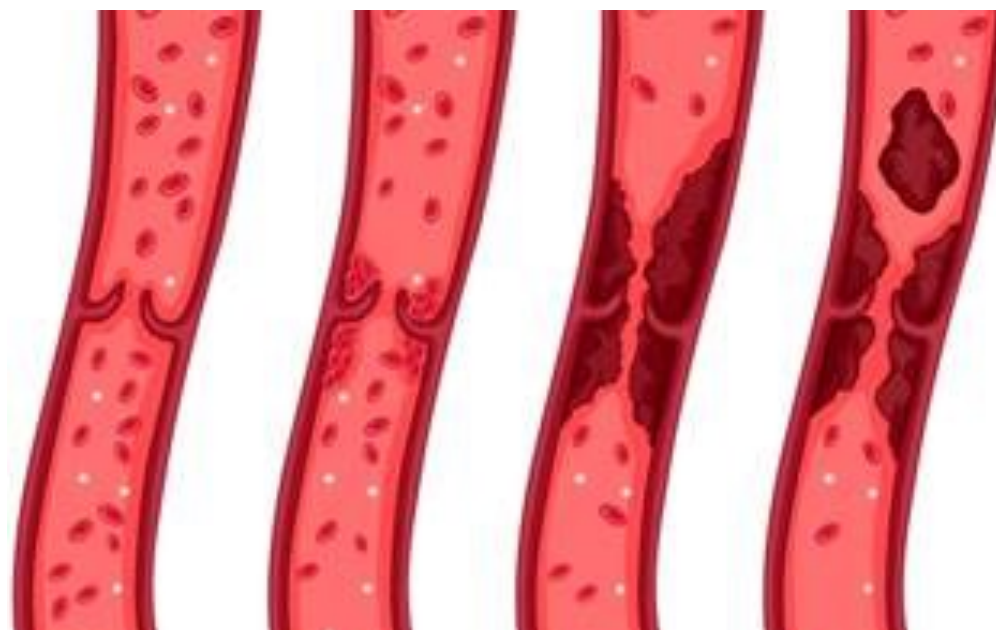
What is a VTE?

VTE is an abnormal blood clot that usually forms in the deep veins of the legs, pelvis or both. It can break off and travel to the lungs and lodge there.

Blood clots are most common in those who are ill, in people who are in hospital or, in those who have surgery.

VTE can be serious and needs to be treated. Some symptoms include:

- Redness swelling and pain in the legs
- Shortness of breath
- Chest pain that worsens when coughing



What is my healthcare team doing to prevent me from getting VTE?

- You will be assessed for risk factors for blood clots
- You will be encouraged to get out of bed, move around and walk frequently
- You may be given “sequential compression devices” on your legs to increase blood flow.
- You may be given blood thinning medication to prevent clots

What can I do to prevent blood clots?

- Ask your doctor or nurse “what is being done to lower my risk of getting a blood clot?”
- Take the blood-thinning medication if prescribed
- Drink plenty of fluids (check if this is right for you)
- Move your legs often and walk as soon as your team tells you it is safe
- Tell your healthcare team if you have any symptoms