



Blood clots and **YOU**

YOU are more at risk of developing a **BLOOD CLOT** after surgery or a procedure than when you take a long-distance flight.

What can **YOU** do to reduce your **RISK**?

WATER

ΑCTIVITY

COMPRESSION

ENDORSED BY

Want more information?

www.southerncrosshospitals.co.nz/patient-information/blood-clots

HEALTH QUALITY & SAFETY COMMISSION NEW ZEALAND Kugu Taurangi Haurars o Aotearoa

My risk factors

Blood clots can develop in your legs and pelvis and can be dangerous if they travel through your body and block blood supply to your lungs.

Admission to hospital to undertake treatment puts you at **HIGH** risk of **BLOOD CLOTS.**

If any of the following apply, **YOU** are at **HIGHER RISK** of developing a blood clot (ask your doctor what blood clots treatment is needed).

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I am having a surgical operation or procedure I have had a blood clot in the past Someone in my family has had a blood clot I am a smoker I have cancer and/or am undertaking cancer treatment or therapy I have a chronic illness/blood disease

- I have varicose veins
- l am over 40 years old
- l am overweight
- I am pregnant or have recently given birth
- I am on the contraceptive pill
- I am undertaking hormone replacement therapy I am on steroids
- I have not been physically active (e.g. walking) recently I have recently taken a long-distance flight

What actions can I take to reduce my risk of BLOOD CLOTS?



Drink the recommended amount of water

Adequate water intake helps blood stay fluid for good blood flow. Reduced water intake could thicken the blood.



Keep active

Frequent light activity (e.g. getting up, walking around and leg exercises) helps to move blood around the legs, reducing the risk of blood sitting and clotting in the veins.



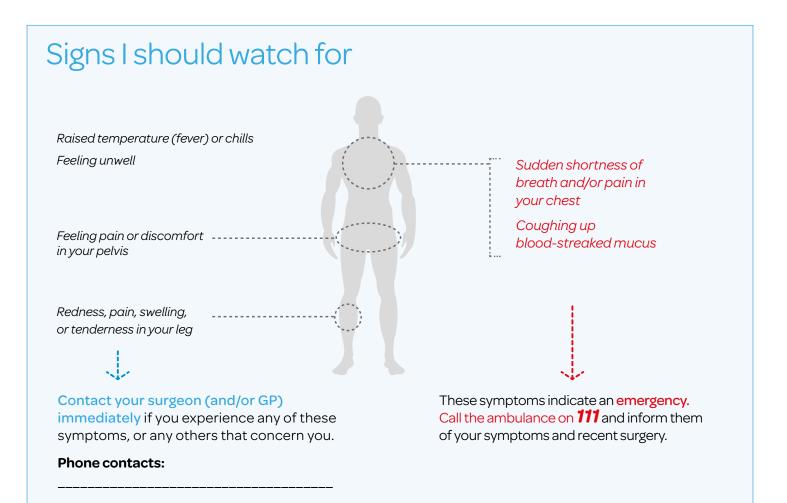
Wear compression stockings

Compression stockings squeeze the legs, reducing the diameter of the veins and improving blood flow.

My recovery plan

Your doctors, nurses and the information on our website can help you to complete your plan.

My discharge date:		
How much water should I drink everyday fo	or the next 8 weeks?	
My activity prescription		
Week1	Week 5	
Week 2	Week 6	
Week 3	Week 7	
Week 4		
How long should I wear my compression st	ockings?	
Medication plan:		



Your checklist to:

Complete the pre-admission risk assessment	
Ask your doctor what blood clots treatment is needed	
Bring this brochure into hospital	
Before you go home, ensure you understand what to do, talk with your nurses and doctors and write up your recovery plan.	ENDORSED BY
fapplicable: understand my blood thinning medication plan:	
Before coming to hospital	
When I go home.	

Apply adhesive name label here



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