

**think
clots**



Did you know you have more chance of developing a clot in hospital than on a plane?



Staying in hospital increases your risk of developing a blood clot in your legs or lungs. Blood clots can affect anyone, but are often preventable with the right treatment which may include a small injection and/or wearing compression stockings. Protecting people in hospital from blood clots is important because, in serious cases, they lead to disability or death.

THINK about clots – What is the risk?

Anyone can develop a clot. Your risk increases if you stay in the same position for a long time. This could be if you're sitting on a long flight or lying in a bed in hospital.

Clots are more common as you get older, but other risks are:

- **if you have had recent major surgery**
- **if you have cancer**
- **being pregnant, or**
- **a family history of clots.**

ASK about clots – What is my risk?

Clots can be avoided. If you are going to hospital ask:

“What is my risk?”

“Do I need treatment to help prevent clots?”

You can also ask your doctor or nurse for advice about the warning signs and what treatment there is for clots.

ACT -

What can I do to reduce my risk?

If you are admitted to hospital, a doctor or nurse will assess your risk of developing a clot.

While in hospital you can help reduce your risk of developing a clot by following a few simple steps.

- **Follow the treatment and advice given by the healthcare staff looking after you. This may include wearing compression stockings and changing your position regularly if you are lying in bed or sitting in a chair.**
- **Get up and move when you are told it's safe to do this.**
- **Drink fluids as advised.**

When you return home from hospital you can still be at risk of developing a clot.

- **Follow the treatment and advice you have been given. If you have been asked to wear compression stockings, remember to wear them for as long as you have been advised to.**
- **Exercise. Walking is best, but if you are unable to then move your calf muscles by flexing your feet and ankles.**
- **Drink fluids as advised.**

For more information about clots, the treatment of clots or the warning signs that a clot may be developing, please visit: www.thinkclots.scot.nhs.uk

