



**think  
clots**

# What can I do to reduce the risk of developing a clot?

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 protective 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 protective 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.**