

Stopping a Blood Clot when in Hospital

Just being unwell and in hospital can lead to an increase in deep vein thrombosis – otherwise known as a DVT or blood clot – usually in the deep veins of the leg.

When being admitted to hospital, every adult should be assessed for the risks of a DVT.

But prevention of a DVT can be very straightforward.

Lifeblood: The Thrombosis Charity advises that if you're entering hospital, you should also be aware of methods of prevention, especially if you aren't assessed for a risk of DVT.

To do this, simply ask the medical team these questions before admission:

- What is the risk of deep vein thrombosis during my stay, with and without appropriate prevention?
- Will I be measured and fitted with anti-embolism stockings for use during bedrest?
- Should I receive blood thinners after surgery?
- Does the hospital have ultrasound facilities on site to diagnose deep vein thrombosis if I should develop one?
- If I develop a deep vein thrombosis, how will I be treated?
- Will I be measured and fitted for appropriate Graduated Compression Hosiery, different from anti-embolism stockings, when I am discharged from hospital?

Being aware of these questions, and talking with the medical team could reduce development of a blood clot.

If you would like more information about any issues relating to thrombosis, visit our website or write to Lifeblood: The Thrombosis Charity, PO Box 1050, Spalding, PE12 6YF.