

Remember to



Wash Hands!

About Blood Clots:

Blood clots can form in the deep veins of legs and arms.

Sometimes, a piece of the clot breaks off and travels to the lungs, which is called an embolism, pulmonary embolism, or PE for short. Blood clots and embolisms are serious.

Risk Factors:

Surgery (stomach, hip, and knee, especially), family history of clotting, diabetes, smoking, birth control and other hormone pills, obesity, spinal cord injury, multiple injuries, lack of exercise



Use this Checklist to

Help Prevent a Blood Clot (PE)

- ✓ **Tell doctors and nurses you're concerned about blood clots.**
- ✓ Make sure your loved one has:
 - Special stockings, boots or arm bands that pulse
 - Regular and frequent walks — if allowed by your loved one's doctor
 - A prescription for a blood thinner*
- ✓ **Watch for signs of blood clots for at least one month after your loved one leaves the hospital.** (See list under "Get a Nurse if".)
- Remember that blood clots can form even if your loved one feels 100% "back-to-normal" in other ways.
- ✓ **Encourage walks and exercise after your loved one leaves the hospital** (if OK'd by doctor).

* *To be on the safe side, be sure the doctor is aware of other medications, vitamins and herbs your loved one is taking— plus any prior bad reactions to medications.*

If you are not sure, it's OK to ask "Before you give the blood thinner, can we make sure nothing else will interfere with it?"

A review of your loved one's diet is a good idea, too.

Get a Nurse if:

Your loved one shows signs of (or tells you about):

- **Swelling in a leg or arm**
- **Pain or a burning feeling in a leg or arm**
- **Shortness of breath, difficulty breathing**

Special Note: *If your loved one is on pain medication or on a breathing machine, you need to be especially watchful because the senses are dulled.*

Notes: