

What actions can I take to reduce my risk of **blood clots**?



Drink the recommended amount of water. Water may ensure the blood stays fluid for good blood flow. Reduced water intake could thicken the blood.

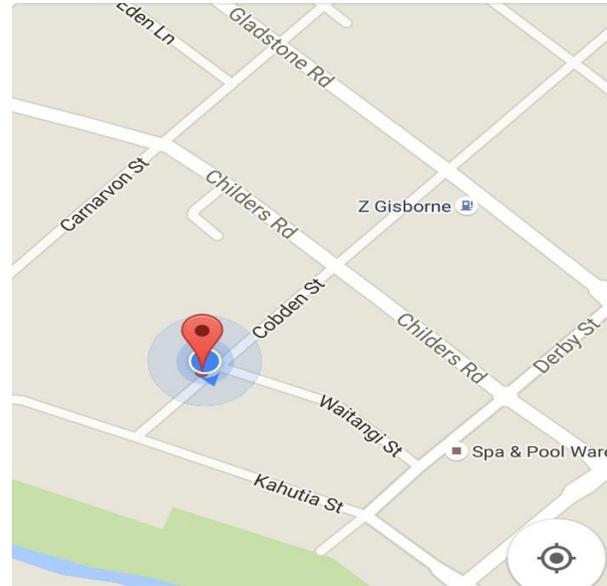


Keep active frequent light activity e.g getting up, walking around, and leg exercises helps to bring blood back from the lower legs, reducing the risk of blood sitting and clotting in the veins.



Wear compression stockings
Compression stockings reduce the diameter of the veins in the legs, improving blood flow.

Where to find us:



Contact Us

Chelsea Hospital
189 Cobden Street
Gisborne

Phone +64 (06) 867 2237

Fax +64 (06) 867 2239

Email info@chelseahospital.co.nz

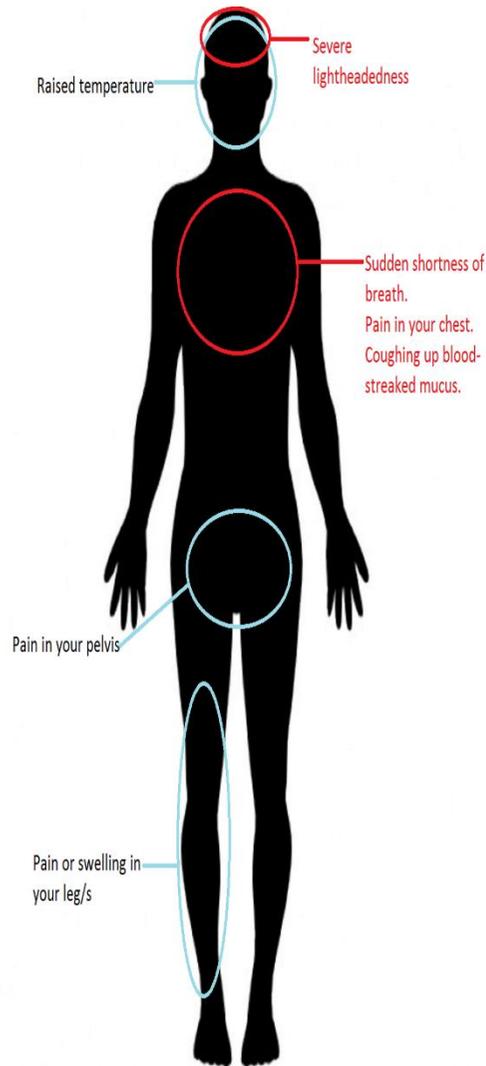


Blood clots and you

You are more at risk of developing a **blood clot** after surgery or a procedure than when you take a long distance flight.....



Signs to watch for



If you are experiencing any of the following symptoms, especially if they appear suddenly, then contact your doctor immediately:-

- Experience swelling in one or both legs
- Experience pain or tenderness in one or both legs
- Warm, red or discoloured skin on your leg
- Have a raised temperature
- Feel pain in your pelvis

Call 111 or go to an emergency department immediately if you notice:

- **Sudden coughing which may bring up blood-streaked mucus**
- **Sharp chest pain**
- **Rapid breathing or shortness of breath**
- **Severe lightheadedness**

My risk factors

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

If any of the following apply, **YOU** are at **HIGHER RISK** of a blood clot.

- 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 have cancer and/or am undertaking cancer treatment or therapy
- I have a chronic illness/blood disease
- I have varicose veins
- I am over 40 years old
- I 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 undertaken much physical activity eg walking before my operation or procedure