

Deep Vein Thrombosis Same Day Emergency Care

Patient / Carer Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Management Plan

This is your personal management plan with the aim of helping you stay better informed.

Name :

Treatment:

Date and time of first dose of anticoagulant:

Follow Up :

What is a deep vein thrombosis (DVT)?

A DVT is a blood clot that has developed in one or more of the deep veins in the leg.

The vein may be partially or completely blocked and this may cause pain, swelling and redness.

Notes

Why is a DVT treated?

- To prevent the blood clot from extending or getting worse
- To reduce the risk of the clot spreading to another part of the body (the most common area is the lungs)
- To reduce the risk of long term complications

What will happen to me in hospital?

A doctor will take a clinical history, perform an examination and may ask for some blood tests.

After this, if the doctor suspects a DVT, you will receive some initial treatment and an Ultrasound Scan will be requested.

If your scan cannot be performed the same day then you will be given an appointment for the scan.

You will be issued either a prescription or a supply of oral blood thinning medication or an injection until your scan unless a hospital admission is required for other reasons.

Once you have had your scan, you should come back to Ward 1B where you will receive the result of your scan and a doctor will tell you what will happen next.

How is DVT treated?

DVT is treated with anti-coagulant drugs to “thin the blood”.

This treatment may be in the form of tablet or an injection under the skin which is given once a day depending on your medical condition.

If your scan confirms a DVT, you will be started on treatment and you will be given an outpatient prescription for medication which can be collected from the hospital pharmacy.

You will also be referred to the Anticoagulation Service who will explain the treatment in more detail and arrange for follow up either in their clinic or by telephone call.

Treatment is usually for 3 or 6 months, depending on the site of the DVT but in some cases can be long term.

What should I watch out for?

Blood thinning medications increase the risk of bleeding, so if you experience any of the following, you should seek urgent medical advice:

- Blood in your bowel motions or urine
- Coughing or vomiting blood
- Heavy or persistent nosebleeds
- Unexplained bruising

One complication of a DVT is pulmonary embolism (PE).

This is where part of the clot breaks off and travels to the lungs.

Symptoms may include:

- Breathlessness
- A sharp pain in the chest worse when you breathe in
- Coughing up blood

If you are on treatment, it is very unlikely you would develop a PE, however, if you experience any of these symptoms, you should seek medical advice immediately.

Will I need any other tests?

If you are diagnosed with a DVT, you may require further investigations to look for possible causes.

You will be given an appointment to return to hospital to receive all of your results.

If you have any questions or concerns about your treatment, you can contact the Acute Medical Unit Same Day Emergency Care Coordinator on 0151 478 7537.

If you consider it an emergency, please dial 999 or attend the emergency department