

If you any questions or concerns about your treatment,  
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

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

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## Suspected Pulmonary Embolism 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 Pulmonary Embolism (PE)?

A PE is a blood clot which gets lodged in one or more of the blood vessels that supply your lungs. It can be a potentially serious or life-threatening condition. A PE may cause breathlessness, chest pain or some patients may cough up blood.

### What will happen when I am in hospital?

Once you have been seen by a doctor, who has taken a clinical history and performed a clinical examination, some initial tests will be requested. These may include blood tests, an ECG (heart tracing) and an X-Ray of the chest. Once the results are back, the doctor may rule out a PE or may decide to order further tests, such as a scan of your lungs.

### What are the next steps?

Unless there is a specific reason not to, you will be given medication to thin your blood. A scan of your lungs will be requested and you will either be provided an appointment time or will be contacted later with your appointment time.

If you are well enough, you will be discharged home. You should return to Ward 1B, 30 minutes before the appointment time for your scan, so that you can have a small plastic tube (a cannula) placed into your arm to allow you to have your scan.

Once your scan has been performed, you should come back to Ward 1B, to be informed about the result of your scan. If you are diagnosed with a PE, you will be started on blood thinning medications. If you require further tests, these will be organised and follow up will be arranged in AMU clinic.

### How is PE treated?

PE is treated with anti-coagulant medication to “thin the blood”. If your scan confirms a PE, you will be started on treatment, in the form of an anticoagulant (Blood thinning medication) and you will be given an outpatient prescription for medication which can be collected from the hospital pharmacy. If an oral anticoagulant is not suitable, then you will be offered a different blood thinning medication which can be an injection under the skin. 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 usually lasts for 3-6 months but in some cases needs to be long term. Should you need it, you will also be given a supply of medication to help relieve your pain.

### What should I watch out for?

The following are possible complications of Pulmonary Embolism, so if you experience any you should seek medical urgent medical attention:

- Worsening breathlessness
- Palpitations
- Dizziness or fainting

Anticoagulants increase the risk of bleeding, so if you experience any of the following, seek urgent medical attention:

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

Possible allergic reactions include difficulty in breathing, skin rash and itching. If you suspect that you are having an allergic reaction to your medication, seek urgent medical advice.