

STOP THE CLOT, SPREAD THE WORD™



Headed to the Hospital? Discuss this Prevention Plan Checklist with Your Doctor.
Get Better. Don't Get a Blood Clot.

Before You Enter the Hospital	Before You Leave the Hospital	When You Return Home
<ul style="list-style-type: none"> <input type="checkbox"/> Discuss blood clot risks and family history with your doctor. <input type="checkbox"/> Ask if you will need treatment to prevent blood clots in the hospital. <input type="checkbox"/> Make sure all your doctors know your blood clot risks and ask for a prevention plan. 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask your doctor how to prevent blood clots when you are at home. <input type="checkbox"/> Discuss the signs and symptoms of blood clots. <input type="checkbox"/> Make sure you know what to do if you experience the signs or symptoms of a blood clot. 	<ul style="list-style-type: none"> <input type="checkbox"/> Follow instructions and take medication as prescribed. <input type="checkbox"/> Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs. <input type="checkbox"/> The risks for blood clots remain 90 days after a hospital stay or surgery. Notify your doctor if you experience signs or symptoms of blood clots.
Risk Factors	Signs and Symptoms	My Notes
<p>Check risk factors that apply to you and discuss with doctor:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hospitalization, physical trauma, surgery <input type="checkbox"/> Lack of mobility, inactive lifestyle <input type="checkbox"/> Pregnancy and up to 3 months after the baby is born <input type="checkbox"/> Cancer and its treatment <input type="checkbox"/> Family or personal history of blood clots <input type="checkbox"/> Birth control or hormone therapy with estrogen <input type="checkbox"/> Smoking <input type="checkbox"/> Overweight <input type="checkbox"/> Age 55 or older <input type="checkbox"/> Long-term medical conditions, such as heart or lung conditions, or diabetes 	<p>Seek immediate medical attention if you experience blood clot signs or symptoms:</p> <p>Blood clots in the legs or arms:</p> <ul style="list-style-type: none"> • Swelling of your leg or arm • Pain or tenderness not caused by injury • Skin that is warm to the touch or red or discolored <p>Blood clots in the lungs:</p> <ul style="list-style-type: none"> • Difficulty breathing • Chest pain, worsens with a deep breath • Coughing, or coughing up blood • Faster than normal or irregular heartbeat 	

Visit www.stoptheclot.org/spreadtheword for more information.



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Stop the Clot, Spread the Word™ is a public education campaign made possible by funding provided to the National Blood Clot Alliance by the Centers for Disease Control and Prevention under Cooperative Agreement number 1U27DD001153-02.