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

- Discuss blood clot risks and family history with your doctor.
- Ask if you will need treatment to prevent blood clots in the hospital.
- Make sure all your doctors know your blood clot risks and ask for a prevention plan.

## Before You Leave the Hospital

- Ask your doctor how to prevent blood clots when you are at home.
- Discuss the signs and symptoms of blood clots.
- Make sure you know what to do if you experience the signs or symptoms of a blood clot.

## When You Return Home

- Follow instructions and take medication as prescribed.
- Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs.
- 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

Check risk factors that apply to you and discuss with doctor:

- Hospitalization, physical trauma, surgery
- Lack of mobility, inactive lifestyle
- Pregnancy and up to 3 months after the baby is born
- Cancer and its treatment
- Family or personal history of blood clots
- Birth control or hormone therapy with estrogen
- Smoking
- Overweight
- Age 55 or older
- Long-term medical conditions, such as heart or lung conditions, or diabetes

## Signs and Symptoms

Seek immediate medical attention if you experience blood clot signs or symptoms:

**Blood clots in the legs or arms:**
- Swelling of your leg or arm
- Pain or tenderness not caused by injury
- Skin that is warm to the touch or red or discolored

**Blood clots in the lungs:**
- Difficulty breathing
- Chest pain, worsens with a deep breath
- Coughing, or coughing up blood
- Faster than normal or irregular heartbeat

## My Notes

Visit [www.stoptheclot.org/spreadtheword](http://www.stoptheclot.org/spreadtheword) for more information.