

BLOOD CLOTS & YOU

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.



Admission to hospital to undertake surgery puts you at **HIGH** risk of **BLOOD CLOTS**.

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

- I am having a surgical operation
- 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
- 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

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



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



Activity: 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.



Deep Breathing: Deep breathing every 15 minutes or so helps to draw blood from the lower legs, reducing the risk of blood sitting and clotting the veins.



Discuss your risk with RSC Staff