

Your post-surgical thromboprophylaxis discharge information sheet



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Wishing you a quick recovery

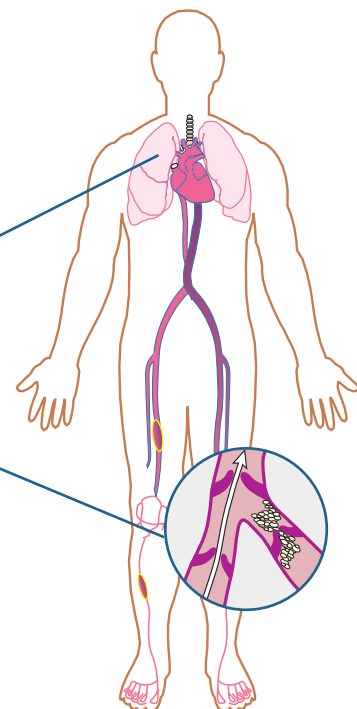
Now that you're on your way home, it's very important that you take your medication for as long as your doctor has prescribed.

What are blood clots?

Normally, blood clotting is a healthy response to injury that helps stop bleeding, but a blood clot that forms when it isn't needed can cause potentially life-threatening problems.

Pulmonary embolism (PE), a potentially life-threatening condition that occurs when blood clots break away from a DVT, travelling through veins and into the lungs

Deep vein thrombosis (DVT), a blood clot that forms in a large vein, most often in the legs, thighs or pelvis (lower abdomen)



These types of blood clots are often referred to as venous thromboembolisms, or **VTEs**, and may require medical attention.

How will I know if I have a blood clot?

Symptoms of possible PE

- Shortness of breath or quick breathing
- Chest pain
- Rapid heartbeat
- Coughing up blood
- Fainting

Symptoms of possible DVT

- Swelling of the affected leg (or, rarely, in both legs)
- Leg pain, such as cramping or a soreness
- Redness of the calf, leg or thigh

Seek immediate medical attention if you experience any of the above symptoms

What can I do to help prevent blood clots?

- Stay active
- Exercise regularly
- Stay hydrated while travelling

Thromboembolism Discharge Form

You have been prescribed _____, which is a blood thinner. Blood thinners help prevent the formation of blood clots in your body.

Remember to take your medication exactly as your doctor prescribes, for as long as it is prescribed.

Why have I been prescribed a blood thinner?

Your doctor has prescribed a blood thinner because they believe you are at increased risk of developing a blood clot. Your risk factors include (please check all that apply):

Strong risk factors

- Fracture (hip or leg)
- Hip or knee replacement
- Major general surgery
- Major trauma
- Spinal cord injury

Moderate risk factors

- Arthroscopic knee surgery
- Central venous lines
- Chemotherapy
- Congestive heart or respiratory failure
- Hormone replacement therapy
- Malignancy
- Oral contraceptive therapy
- Paralytic stroke
- Pregnancy/postpartum
- Previous venous thromboembolism
- Thrombophilia

Weak risk factors

- Bed rest >3 days
- Immobility due to sitting (e.g., prolonged car or air travel)
- Increasing age
- Laparoscopic surgery (e.g., cholecystectomy)
- Obesity
- Pregnancy/antepartum
- Varicose veins

What are the possible side effects?

Blood thinners can increase the risk of bleeding. Seek medical attention if you have any unusual bleeding from your surgical site or needle injection sites.

What should you avoid when on blood thinners?

Blood thinners may cause you to bleed more easily. It is important that your primary care practitioner is aware of all the medications you are on.

If you need help paying for your medication, financial support may be available. Ask your doctor about your options.

Please note that the recommendations contained within these documents must be viewed as general guidelines based on current knowledge. Their application must be adapted to individual patients. Thrombosis Canada assumes no responsibility or liability arising from any error or omission or from the use of any information contained herein.

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