

## Patient information

# Confirmed Deep Vein Thrombosis

### Deep vein thrombosis clinic (DVT) – discharge information.

#### Discharge guidance

You were assessed today \_\_\_\_\_ for a suspected blood clot in your leg/arm (Deep Vein Thrombosis – DVT)

The result of your ultrasound scan today has confirmed that there is the presence of a blood clot within your deep vein system (DVT) of your leg/arm.

We recommend that you take the medication prescribed in clinic as you have been advised. The drug manufacturers medication information leaflet that we have given you will answer any further questions that you have regarding how the medication works, what to do if you forget to take a dose, risks associated with anticoagulants and possible side effects.

It may take several weeks before your symptoms of pain and swelling resolve, simple painkillers such as Paracetamol can be taken to help with the pain. **Do not take** medication such as **Ibuprofen** or medication classified as NSAID (Non-steroidal anti-inflammatory) or **Aspirin** as these increase your bleeding risk. If you require stronger painkillers, please seek advice of a Pharmacist or your GP. If you are already taking Aspirin for a medical condition inform the DVT clinic and your GP/Specialist immediately.

If you require any over the counter medication such as cold remedies or herbal medication, we advise that you take your alert card and show the Pharmacist so they can advise what is best to take.

We recommend that you remain as mobile as possible, keep well hydrated and elevate the affected limb when sitting.

Should you experience any of the following symptoms please attend Accident and Emergency **URGENTLY**:

- Sudden onset of breathlessness that is unusual for you
- Chest pain that is unusual for you
- Coughing up blood (Haemoptysis)
- Rapid heart rate, palpitations
- Episode of collapse

**Please inform the Accident and Emergency staff that you are being treated for a Deep Vein Thrombosis.**

If you feel you would like further information or advice, please contact the DVT Nurse Specialist service on **01284 713092** between the hours of 08.00am – 4.00pm Monday to Saturday or consult with your GP.

**Note for women of childbearing age – please seek medical advice if you plan to get pregnant or become pregnant during your treatment as your medication will need to be changed if you are taking an Oral Direct Anticoagulant such as Rivaroxaban or Apixaban.**

**If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo) <https://www.accessable.co.uk>**



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