

PATIENT INFORMATION

Thromboprophylaxis for Obstetric Day Surgery Patients

Introduction

It has been known for a considerable time that pregnancy and recent pregnancy increases the risk of a thrombosis or blood clot. This usually starts in the legs as a deep venous thrombosis (DVT). It can then spread to the lungs, when it is known as a pulmonary embolus (PE). This is a serious illness and can be life threatening. The National Institute for Clinical Excellence (NICE) and the Royal College of Obstetricians and Gynaecologists (RCOG) recommend that all women have a formal assessment of their thrombosis risk during and after their pregnancy and are offered preventative treatment if necessary.

What are the risk factors?

It is important to realise you often need several risk factors before there is a concern about a thrombosis. You will be asked a series of questions about your family history, your own medical history and your lifestyle during the assessment. An assessment will be undertaken when you are booked for surgery in the Day Unit, which will be rechecked when you are admitted.

Risk categories

You will be informed if you have a low, medium or high risk of developing a thrombosis and management options will be discussed with you. If you are at low risk of developing a thrombosis, then we would simply advise you wear anti embolic stockings during your surgery and until you are fully mobile afterwards. These will be supplied by us. If you are at higher risk, you will be offered additional treatment.

What is the treatment?

If you require additional treatment you will be offered a blood thinning drug called TINZAPARIN which is a type of heparin given by a daily injection. You will be trained how to give this to yourself at home. It can seem a bit daunting, but it has been successfully used this way for many years in other patients. Usually, treatment would be for 7 days after surgery, but very occasionally we would need to start this prior to your operation.

What equipment do I need?

The day surgery staff will arrange for a supply of the tinzaparin. It is important that this is kept safely out of reach of children. It does not need to be kept in a fridge. You will also be issued with a special box for you to dispose of your needles and syringes after use. Once full this box will need to be disposed of in the way you have been advised.

What are the risks of tinzaparin?

- Tinzaparin is a very safe drug.
- There may be some localised bruising of your abdominal wall where the injections have been given.
- If you have any other procedure while you are taking tinzaparin eg dental extraction, you must inform those caring for you as there is a very slight increased risk of bleeding.

If I have any further queries?

Please contact a member of the Day Surgery staff on 01284 713050 (Monday to Friday 8am – 7.30pm).