

## Prevention

Compression stockings help prevent calf pain and swelling. Your pharmacist may be able to advise you.

Exercise can help prevent symptoms of DVT returning.

Raising your leg helps relieve the pressure in the veins and stops blood and fluid pooling in the calf.

Eat a healthy, balanced diet.

Get regular exercise.

Maintain a healthy weight.

## If you think you may have a DVT

### In hours (08.00-18.00)

- contact your own GP

### Out of hours (18.00-08.00)

- dial 111

Further information on DVT can be found on the NHS Choices website:  
[www.nhs.uk](http://www.nhs.uk)

## Complications

A DVT can travel towards the lungs and cause a pulmonary embolism (PE).

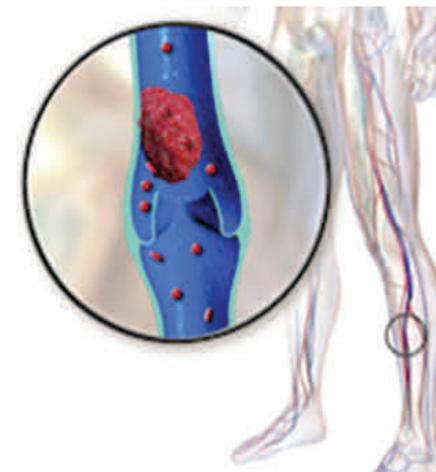
Symptoms of a PE can include:

- A sharp stabbing pain to chest or upper back pain which can be worsened when breathing in;
- Shortness of breath – this may be sudden or gradual;
- Coughing – normally dry, and may include coughing up blood or mucus that contains blood;
- Feeling lightheaded or dizzy;
- Fainting.

**If you have any of the above symptoms, please go to your local Accident and Emergency Department.**

**If your symptoms are severe dial 999**

## A Guide to the Management of Deep Vein Thrombosis (DVT)



## Information for patients

## Risk factors associated with a DVT

- Inactivity
- Recent Surgery
- Blood Vessel damage
- Pregnancy
- Contraceptive pill and hormone replacement therapy
- Smoking
- Raised body mass index
- Dehydration
- Age over 60 years

## Symptoms of a DVT

In some cases of a DVT there may be no symptoms, but possible symptoms can include:

- pain, swelling and tenderness in one of your legs (usually your calf);
- a heavy ache in the affected area;
- warm skin in the area of the clot;
- redness of your skin, particularly at the back of your leg below the knee.

A DVT is normally located in one leg but this is not always the case.

## How a DVT is diagnosed



### D-dimer

A specialised blood test known as the D-dimer test is used to detect pieces of blood clot that have been broken down and are loose in your blood stream.

If you are given a blood test form, please ensure bloods are taken promptly.



### Ultrasound scan

An ultrasound scan can be used to detect clots in your veins.

A special type of ultrasound known as a Doppler ultrasound can also be used to find out how fast the blood is flowing through a blood vessel.

## How to treat a DVT

Anticoagulant medicines prevent blood clots getting bigger. They can also help stop part of the blood clot breaking off and becoming lodged in another part of your bloodstream (an embolism).

Different types of anticoagulants are used to treat DVT:

### Heparin

Administered in injection form.



### Warfarin

Taken as a tablet



Your Consultant may consider an alternative to Warfarin known as Rivaroxaban (tablet form).