



STOP THE CLOT CHECKLIST

WHAT CAN YOU DO TO REDUCE THE RISK OF BLOOD CLOTS?

If hospital admission has been planned in advance, you can reduce your risk by:

- Telling the doctors that you want them to prevent the development of blood clots
- Telling the doctors if you have a previous history or family history of blood clots
- Talk to the doctor if you have any of the following risk factors:
 - Recent surgery
 - Heart or lung disease
 - Obesity
 - Cancer and cancer treatments
 - Pregnancy
 - Smoking
 - Major trauma or injuries to the leg
 - Use of birth control pill or hormone replacement therapy
 - Reduced mobility

When you are admitted to the hospital:

- Ask your doctor or nurse "what is being done to reduce my risk of getting a blood clot?"
- Get moving as soon as possible. Walk around the room or in the corridor as soon as your doctor allows.
- Expect to receive a blood thinner needle and/or asked to wear special stockings to stop blood clots from forming.
- Drink plenty of fluids to keep hydrated.
- Tell your doctor or nurse about any chest pain, shortness of breath, or pain or swelling in your leg.

When you go home:

- Stay active
- Maintain a healthy body weight
- Don't smoke or stop smoking if you do
- Continue with your blood thinners if the doctor has advised

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