

Will I need any other tests?

If you are diagnosed with a DVT, you may require further investigations to look for possible causes. You will be given an appointment to return to hospital to receive all of your results.

Contact Numbers

If you have any questions or concerns about your treatment, contact the Acute Medical Unit Same Day Emergency Care Coordinator on

0151 478 7537

If you consider it to be an emergency please dial 999 or attend the emergency department.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

Deep Vein Thrombosis Same Day Emergency Care

Patient / Carer Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Management Plan

This is your personal management plan with the aim of helping you stay better informed.

Name:

Treatment:

Date and time of first dose of anticoagulant:

Follow Up:

What is a deep vein thrombosis (DVT)?

A DVT is a blood clot that has developed in one or more of the deep veins in the leg. The vein may be partially or completely blocked and this may cause pain, swelling and redness.

Why is a DVT treated?

- To prevent the blood clot from extending or getting worse
- To reduce the risk of the clot spreading to another part of the body (the most common area is the lungs)
- To reduce the risk of long term complications.

What will happen to me in hospital?

A doctor will take a clinical history, perform an examination and may ask for some blood tests. After this, if the doctor suspects a DVT, you will receive some initial treatment and an Ultrasound Scan will be requested. If your scan cannot be performed the same day then you will be given an appointment for the scan.

You will be issued either a prescription or a supply of oral blood thinning medication or an injection until your scan unless a hospital admission is required for other reasons. Once you have had your scan, you should come back to Ward 1B where you will receive the result of your scan and a doctor will tell you what will happen next.

How is DVT treated?

DVT is treated with anti-coagulant drugs to “thin the blood”. This treatment may be in the form of tablet or, an injection called under the skin which is given once a day depending on your medical condition. If your scan confirms a DVT, you will be started on treatment and you will be given an outpatient prescription for medication which can be collected from the hospital pharmacy. You will also be referred to the Anticoagulation Service who will explain the treatment in more detail and arrange for follow up either in their clinic or by telephone call. Treatment is usually for 3 or 6 months, depending on the site of the DVT but in some cases can be long term.

What should I watch out for?

Blood thinning medications increase the risk of bleeding, so if you experience any of the following, you should seek urgent medical advice:

- Blood in your bowel motions or urine
- Coughing or vomiting blood
- Heavy or persistent nosebleeds
- Unexplained bruising

One complication of a DVT is pulmonary embolism (PE). This is where part of the clot breaks off and travels to the lungs. Symptoms may include:

- Breathlessness
- A sharp pain in the chest worse when you breathe in
- Coughing up blood

If you are on treatment, it is very unlikely you would develop a PE, however, if you experience any of these symptoms, you should seek medical advice immediately.