

Contact Numbers

If you 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 an emergency please dial 999 or attend the
emergency department.**

Suspected Pulmonary Embolism 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.

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

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 Pulmonary Embolism (PE)?

A PE is a blood clot which gets lodged in one or more of the blood vessels that supply your lungs. It can be a potentially serious or life-threatening condition. A PE may cause breathlessness, chest pain or some patients may cough up blood.

What will happen when I am in hospital?

Once you have been seen by a ACP or Doctor, who has taken a clinical history and performed a clinical examination, some initial tests will be requested. These may include blood tests, an ECG (heart tracing) and an X-Ray of the chest. Once the results are back, the doctor may rule out a PE or may decide to order further tests, such as a scan of your lungs.

What are the next steps?

Unless there is a specific reason not to, you will be given medication to thin your blood. A scan of your lungs will be requested and you will either be provided an appointment time or will be contacted later with your appointment time. If you are well enough, you will be discharged home. You should return to Ward 1B 30 minutes before the appointment time for your scan, so that you can have a small plastic tube (a cannula) placed into your arm to allow you to have your scan.

Once your scan has been performed, you should come back to Ward 1B, to be informed about the result of your scan. If you are diagnosed with a PE, you will be started on blood thinning medications. If you require further tests, these will be organised and follow up will be arranged.

PE is treated with anti-coagulant medication to "thin the blood". If your scan confirms a PE, you will be started on treatment, in the form of an anticoagulant (Blood thinning medication) and you will be given an outpatient prescription for medication which can be collected from the hospital pharmacy. If an oral anticoagulant is not suitable, then you will be offered a different blood thinning medication which can be an injection under the skin. 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 usually lasts for 3-6 months but in some cases needs to be long term. Should you need it, you will also be given a supply of medication to help relieve your pain.

What should I watch out for?

The following are possible complications of PE, so if you experience any you should seek medical urgent medical attention:

- Worsening breathlessness
- Palpitations
- Dizziness or fainting

Anticoagulants increase the risk of bleeding, so if you experience any of the following, seek urgent medical attention:

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

Possible allergic reactions include difficulty in breathing, skin rash and itching. If you suspect that you are having an allergic reaction to your medication, seek urgent medical advice.