



Patient Information Leaflet

Venous thromboembolism (VTE) Discharge patient information leaflet

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If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

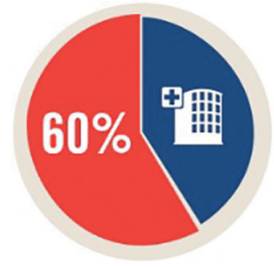
Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগেশন PALS টেলিফিে ন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Introduction

60% of VTE (Venous Thromboembolism) cases are associated with a recent hospital stay. Venous thromboembolism (VTE) is a condition in which a blood clot forms, most often in the deep veins of the leg, groin or arm (known as deep vein thrombosis, DVT). These clots may break free and travel in the blood, lodging in the lungs (known as pulmonary embolism, PE). Together, DVT and PE are known as venous thromboembolism (VTE) – a dangerous, and potentially fatal medical condition.



Warning signs and symptoms

VTE can occur without any warning signs or symptoms and can go unrecognised and undiagnosed by a healthcare professional. Symptoms that do appear may be associated with either DVT or PE:

Deep Vein Thrombosis (DVT)	Pulmonary Embolism (PE)
<ul style="list-style-type: none">• Pain or tenderness, often starting in the calf.• Swelling, including the ankle or foot.• Redness or noticeable discoloration.• Warmth.	<ul style="list-style-type: none">• Unexplained shortness of breath.• Rapid breathing.• Chest pain (may be worse upon deep breath).• Rapid heart rate.• Light headedness or passing out.

If you develop any signs or symptoms of VTE at home seek medical advice immediately!

What can I do to reduce my risk of VTE?

- Keep moving or walking; leg exercises are valuable (You can ask to see a physiotherapist if you would like to learn some leg exercises).
- Drink plenty of fluids to keep yourself well hydrated.
- Certain medications such as contraceptive/hormone replacement medication may need to be stopped.
- Avoid travelling for more than three hours in the month after discharge if possible, this will include long car journeys and flights but can be any form of travel where you are sat still for more than three hours. If you do need to travel for long periods try and take regular breaks.
- Maintain a healthy weight.

What happens after I have been discharged from hospital?

After re-assessing your clotting and bleeding risk your doctor will decide the most appropriate option for you:

No further anti-thrombotic measure is needed after discharge.

Anti-embolism stockings

They should be worn from admission until you return to your usual level of mobility. You should be shown how to wear them and advised to report any new symptoms in your feet or legs when wearing them to a doctor.

Continue with your normal blood thinning medication.

Anti-clotting medicine

You have been advised to continue on
at home for more days.

If you need help with administration of injections or how to take your tablets, please ask your nurse before discharge.

These medicines can potentially cause serious haemorrhages, contact your doctor if you experience abnormal bruising or bleeding.

If you do require injections after discharge, you will be given a yellow 'sharps bin' so that you can safely dispose of them after use. Once your treatment is complete, close the lid on the sharps-bin until sealed and you can return it to the Hospital. Some GP surgeries local pharmacies and local councils may agree to dispose of these also. Please remember that it is illegal to dispose of used needles or sharps bins in your household waste.

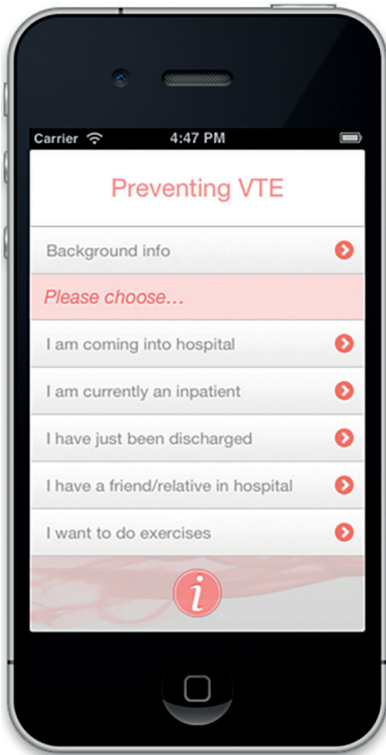
To be effective, these methods of prevention must be fitted, used and administered correctly, if you have any questions or concerns, please ask your doctor for advice.

Be aware that heparins are of animal origin; your doctor or pharmacist can discuss alternatives if needed.

Where can I find more?

Please ask your doctor or nurse for more information. Alternatively, the NHS Choices website provides patient information on VTE at www.nhs.uk

Preventing VTE App



Help reduce your risk of DVT and PE in hospital with this simple app.

This app explains how the risk of developing a Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) in hospital **can be reduced**. It is not intended to replace explanation and information given to you by our staff but we hope you will find it a helpful guide to use before, during and after your stay in hospital.



Get the App!



If you have any queries or concerns about the content of this leaflet please call (01983) 822099 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.