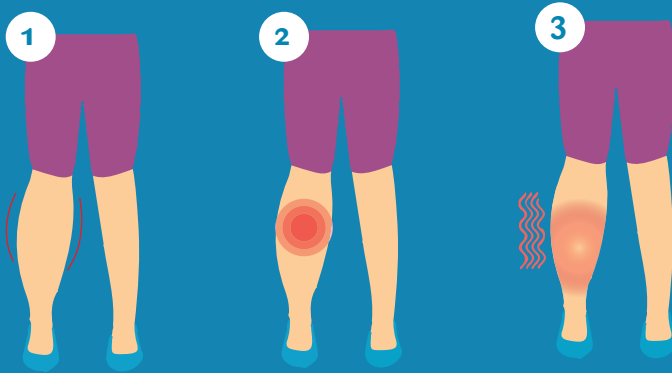


WHAT ARE THE WARNING SIGNS OF BLOOD CLOTS IN THE LEG?



- 1- **Swelling** of the leg or calf muscle
- 2- **Pain** that may worsen when standing or walking
- 3- **Warmth and redness** of the leg

WHAT ARE THE WARNING SIGNS OF BLOOD CLOTS IN THE LUNG?

- 1- Unexplained **sudden breathlessness**
- 2- Sudden sharp chest pain, often when breathing or straining
- 3- Coughing, or coughing up blood
- 4- Feeling a very fast heart rate, even at rest



If you experience any of the signs and symptoms above please access your nearest emergency hospital or call 999.

HOW TO PREVENT A BLOOD CLOT IN PREGNANCY AND AFTER CHILDBIRTH ?



Light exercise -
Walk for 30 mins
per day



Avoid alcohol



Stop smoking



Drink 6-8 cups
of water a day



Healthy diet



If planning to travel
≥ 4 hrs please seek
medical advice.

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مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

PREVENTING

BLOOD CLOTS

In pregnancy and after childbirth

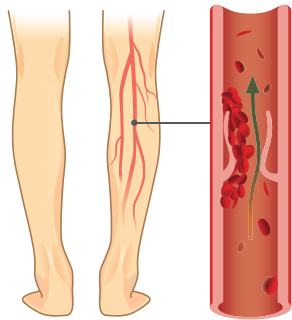


DEFINITION:

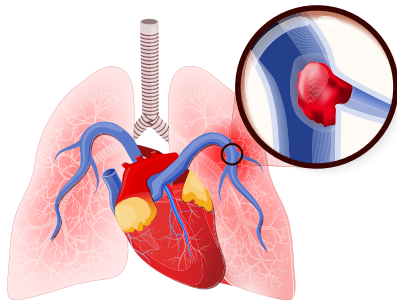
Venous Thromboembolism (VTE) is the medical term for a condition in which a blood clot starts in a vein in the body.

TYPES OF BLOOD CLOT:

If this occurs in the leg, it is called a **DVT** (deep vein thrombosis).



If it occurs in the lung, it is called a **PE** (pulmonary embolism).



KNOW YOUR RISK:

Pregnancy and childbirth can increase the risk for blood clots

A woman is at increased risk up to 6 weeks after her baby is born

Risks for blood clots during pregnancy, childbirth and up to 6 weeks after the baby is born include:



Prolonged immobility due to bed rest during pregnancy or recovery after delivery



A previous blood clot, a family history of clots, or a genetic blood clotting disorder



Delivery by cesarean section



Pregnancy at age 35 or older



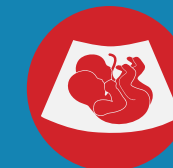
Overweight or Obesity BMI ≥ 30



Smoking



Varicose Veins



Certain pregnancy complications, such as pregnancy with multiple babies or the use of fertility treatments involving hormones

If you have any of these risk factors, or are unsure, please speak to your doctor urgently.