



Anticoagulation UK

www.anticoagulationuk.org
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Going into hospital, make sure you are given a risk assessment. If you are not sure ask for one.

What can you do to help yourself?

- Make sure you get up and about as soon as you are able to
- How to exercise your legs whilst in bed
- Make sure you drink plenty of fluids
- Ensure you take any clot preventing medications (anticoagulants) prescribed whilst in hospital and after discharge as directed

For more information go to:

www.anticoagulationuk.org/prevention