What is Deep Vein Thrombosis?
A deep vein thrombosis (DVT) occurs when a blood clot forms in a vein and causes a blockage. A DVT usually develops in the calf vein in the leg, but it sometimes occurs above the knee. A DVT can also develop in other deep veins in your body.

Symptoms
Some of the common symptoms of a DVT are:
- Tenderness in the calf or leg
- Swelling of the calf or leg
- Colour and temperature changes — feeling warm and becoming red
- Swelling and a feeling of tightness, the skin may feel stretched
- Pain

However, some DVTs have no symptoms at all (asymptomatic).

What causes a DVT (Risk Factors)
- Being immobile, in a medical ward in hospital or at home
- Long journeys, by any means of transport, where you sit still for long periods of time without being able to stretch your legs or move about.
- Surgery.
- An illness or injury that causes immobility increases the risk. Fractures that require a hard plaster cast can increase risk.
- Thrombophilia — genetic conditions that cause the blood to clot more easily.
- Cancer. Sometimes a person presents with a DVT without a diagnosis of cancer. Investigations may show that cancer is the underlying cause. Patients being treated for cancer are also at risk of developing blood clots.
- Heart failure
- Previous DVT
- Contraceptive pill or HRT
- Pregnancy. Approximately 1 in 1000 pregnant women will have a DVT whilst they are pregnant, or within six months after giving birth

DVT and PE Treatment
It is essential to treat a DVT as quickly as possible to prevent the clot getting bigger or pieces of it breaking off and travelling to the lungs causing a pulmonary embolism. Treatment is usually with anticoagulant therapy.

Anticoagulation therapy
Anticoagulant therapy is often referred to as “thinning the blood”. However, it does not thin the blood but lengthens the time it takes for your blood to clot. This prevents clots from forming so easily.

Anticoagulants are used to treat and prevent blood clots that may occur in the blood vessels of the body. They are given to people who are considered to be at a higher than normal risk of getting blood clots and those who have already had a previous clot.

Commonly used anticoagulants are low molecular weight heparin, apixaban, dabigatran, edoxaban, rivaroxaban and warfarin.

Low molecular weight heparin is given by injection, all the others are taken by mouth (oral).

Compression stockings
Compression stockings may be offered to patients with DVT to help reduce pain and to help prevent post-thrombotic syndrome (PTS) occurring. Post-thrombotic syndrome is damage to the tissues of your calf. It can cause pain and a rash. Leg ulcers may also occur.

Helping you to avoid a DVT
Not all blood clots can be prevented but the risk of developing one whilst you are in hospital can be significantly reduced. At the pre-admission clinic or when you are admitted into hospital, your risk of developing a blood clot should be assessed by a doctor or nurse. If you are not assessed you must ask the nurse or doctor to assess you.

If you are assessed at being at risk, you will be given treatment (thromboprophylaxis) to reduce the clots forming. It is very important that you are told what signs to look out for whilst in hospital and at discharge. You should be given information to help you understand the symptoms of a blood clot and what to do.

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A guide to Deep Vein Thrombosis (DVT)

Make sure you get up and about as soon as you are able
Exercise your legs whilst in bed
Make sure you drink plenty of fluids
Ensure you take any clot preventing medications prescribed whilst in hospital and after discharge as directed

Travel
The following suggestions apply for any long journey, such as coach, train or plane, and also when sitting for any lengthy period.
Keep your legs and feet active - every half hour, bend and straighten them to keep the blood circulating
Press down on the balls of your feet, then raise the heels to help increase the blood flow in your legs
Don’t cross your legs
Do deep breathing exercises to help improve circulation
Walk up and down the aisles frequently
If you are on a long flight which has refuelling stops, take the opportunity to leave the plane and walk about
Drink plenty of water - preferably a glass every hour
Avoid alcohol - or, if you must, take only small amounts. Alcohol will cause dehydration and sleepiness
Avoid sleeping pills - they will cause you to be immobile for long periods
Try not to sleep for too long in a cramped position - move about as much as possible and stretch out

Remember
If you are going into hospital for an operation or illness, you should be assessed as to your risk of developing a clot.
Every patient should be assessed again, 24 hours after admission to hospital
Every patient should be re-assessed whenever their medical condition changes
Every patient should be assessed again before discharge
Every patient should receive information on how to continue preventable measures at home

Treatments to prevent blood clots whilst in hospital
- Anticoagulants
- Mechanical intervention

You may be given Intermittent Pneumatic Compression (IPC). This is a device that is fitted to the legs. The device inflates at regular intervals putting pressure on the vessels in the leg to keep the blood flowing.
- Neuromuscular Electrostimulation Devices

Calf muscle Neuromuscular Electrical Stimulation (NMES) is a mechanical method of DVT prevention that increases blood flow in the lower limbs. An example of an NMES is a device called the Geko. This device gently stimulates, thus activating the calf and foot muscle pumps to increase blood flow. The increase in blood flow is similar to that achieved by walking up to 60%, without you having to move.

For more details on blood clots, conditions and anticoagulation therapy:
www.anticoagulationuk.org

The information in this leaflet is for guidance only. If you require advice in relation to a specific health condition, treatment or drug therapy relating to the conditions referred to in this leaflet then please speak to your doctor, nurse or pharmacist.
Anticoagulation UK is affiliated to AntiCoagulation Europe and is an independent charity whose aims are the prevention of thrombosis and the provision of information, education and support for both patients and health care professionals.

We work with medical professionals, government, industry and other charities to ensure that the patient voice is heard and taken into account.
We have a wide range of information leaflets and publish a magazine for people taking anticoagulants.

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