

HOW TO KNOW if you have a blood clot?

Signs to watch for

- Chest pain
- Shortness of breath
- Coughing up blood
- Dizziness
- Feeling faint
- Cramping in the calf or behind the knee
- Swelling in a leg or arm
- Feeling of warmth/redness or pain in a leg or arm



WHAT TO DO if you think you have a blood clot

AT THE HOSPITAL:

Notify your healthcare team **immediately**.

AT HOME:

Call 811 for advice if you have questions about your health.

Go to the Emergency if you experience any of the **signs to watch for**.

Call 911 if your condition is unstable.



[www.ciusss-ouestmtl.gouv.qc.ca/en/
users-and-visitors/health-advice](http://www.ciusss-ouestmtl.gouv.qc.ca/en/users-and-visitors/health-advice)

WE'RE
STRONGER TOGETHER



References:

- CIUSSS de l'Ouest-de-l'Île-de-Montréal. (2024). ERAS Guide
- Thrombosis Canada (s.d.) Preventing venous thromboembolism. <https://thrombosiscanada.ca>



VENOUS THROMBOEMBOLISM (VTE)

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal

Québec



Venous thromboembolism occurs when a blood clot forms and blocks the flow of blood.

There are two main types:

Deep vein thrombosis (DVT):

Occurs when a blood clot forms in a vein, usually in a leg or an arm.

Pulmonary embolism:

Occurs when a blood clot breaks away and travels to the lungs.

Examples of factors that increase your risk of developing a blood clot

- Being hospitalized
- Having had surgery
- Having had a blood clot in the past
- Prolonged immobility
- Pregnancy and childbirth
- Having cancer
- Being on hormone therapy
- Being overweight

PREVENT BLOOD CLOTS

1. Wear loose-fitting clothing

Loose clothing does not restrict blood flow, resulting in better circulation.

2. Move as your condition allows

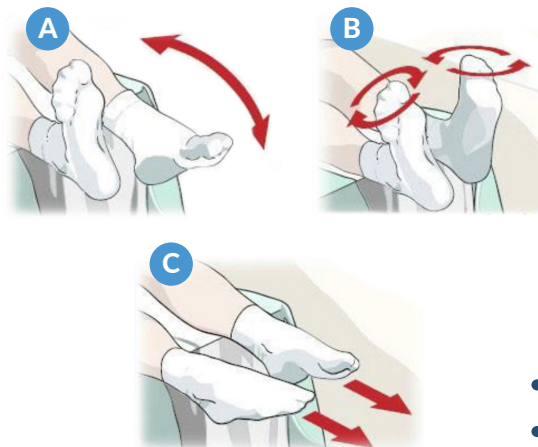
Walk as much as you can. The healthcare team can accompany you.

Do leg exercises either lying down or sitting.

Leg exercises

These exercises will improve blood flow in your legs. Repeat each exercise 4 to 5 times every hour.

- Move your toes and point your feet up and down.
- Rotate your ankles in each direction.
- Stretch your legs out straight.



3. Hydrate

Drink water to help improve blood flow throughout your body, as your condition allows and according to the healthcare team's recommendations.

4. Healthy lifestyle habits

Maintain a healthy weight and try to stay active.

5. Additional preventive measures

Your healthcare professional may prescribe medication to prevent blood clots from forming or compression stockings to improve blood flow.

