STOP THE CLOT, **SPREAD THE WORD**™

Headed to the Hospital? Discuss this Prevention Plan Checklist with Your Doctor.
Get Better. Don't Get a Blood Clot.

Before You Enter the Hospital

☐ Discuss blood clot risks and family history with your doctor.

☐ Ask if you will need treatment to prevent blood clots in the hospital.

☐ Make sure all your doctors know your blood clot risks and ask for a prevention plan.

Before You Leave the Hospital

☐ Ask your doctor how to prevent blood clots when you are at home.

☐ Discuss the signs and symptoms of blood clots.

☐ Make sure you know what to do if you experience the signs or symptoms of a blood clot.

When You Return Home

☐ Follow instructions and take medication as prescribed.

☐ Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs.

☐ The risks for blood clots remain 90 days after a hospital stay or surgery. Notify your doctor if you experience signs or symptoms of blood clots.

Risk Factors

Check risk factors that apply to you and discuss with doctor:

☐ Hospitalization, physical trauma, surgery
☐ Lack of mobility, inactive lifestyle
☐ Pregnancy or recently gave birth
☐ Cancer and its treatment
☐ Family or personal history of blood clots
☐ Birth control or hormone therapy with estrogen
☐ Smoking
☐ Overweight
☐ Age 55 or older
☐ Long-term medical conditions, such as heart or lung conditions, or diabetes

Signs and Symptoms

Seek immediate medical attention if you experience blood clot signs or symptoms:

Blood clots in the legs or arms:
• Swelling of your leg or arm
• Pain or tenderness not caused by injury
• Skin that is warm to the touch or red or discolored

Blood clots in the lungs:
• Difficulty breathing
• Chest pain, worsens with a deep breath
• Coughing, or coughing up blood
• Faster than normal or irregular heartbeat

My Notes

Visit www.stoptheclot.org/spreadtheword for more information.