

Preventing the Formation of a Blood Clot in a Vein Venous Thromboembolism (VTE)

What is venous thromboembolism?

It is a blood clot that forms in a vein and blocks blood circulation.

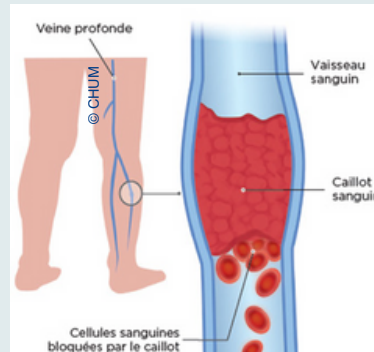
You are at higher risk if you :

- Are hospitalized
- Are immobile or have a low level of activity
- Have had a surgery
- Are over 60 years old
- Have had a previous thrombosis
- Have cancer
- Have a central catheter (e.g., PICC line or port-a-cath)
- Take birth control pills
- Are overweight
- Are pregnant
- Smoke

The clot can take two forms:

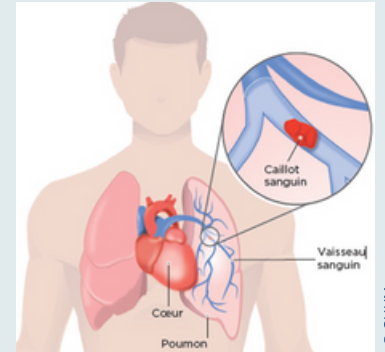
Deep Vein Thrombosis

The clot forms and blocks a vein in an arm or a leg.



Pulmonary Embolism

The clot travels to the lungs and blocks blood circulation.



Preventive measures :



Stay well hydrated

Water helps your blood circulate better.

If you have a fluid restriction, talk to your doctor.



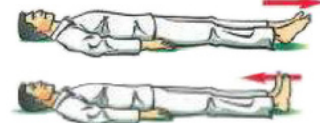
Move regularly

Walk as soon as possible. The care team can help you get up and move around.



Do these exercises with your feet (even if you are in bed).

Move your toes up and down



•Bend your legs



•Move your legs up and down



•Elevate your feet with a pillow (do not place the pillow under your knees)



Do not stay seated for too long
Avoid crossing your legs



Other preventive measures

Depending on your health condition and clinical assessment, your doctor may prescribe a **medication** (as a subcutaneous injection or oral) to thin the blood, or **compression stockings** to help blood circulation. These measures help prevent venous thromboembolism

When should I worry?

Possible signs of a clot in the leg (deep vein thrombosis):

- Unusual pain in the leg that worsens when walking
- Warmth in the leg
- Swelling in calf or leg
- Leg changes color

Possible signs of a clot in the lungs (pulmonary embolism) :

- Shortness of breath for no reason
- Chest pain that worsens when inhaling
- Sudden cough, with or without blood

Questions or concerns?

Call 811 for Info-Santé

In case of emergency: Call 911 or go to the hospital

