

# STOP THE CLOT



Staying in hospital may increase your risk of forming a blood clot in your legs or lungs

To reduce this risk, you must:

**ASK** and **ACT**

## ASK

- > Ask your doctor or nurse about your risk and what treatments they recommend for you

## ACT

- > Get any tablets or injections your doctor has prescribed to minimise your risk
- > Keep your compression stockings on
- > Avoid sitting or lying in bed for long periods
- > Walk as often as your doctor advises

## WATCH FOR

Call your nurse immediately if you experience any of these symptoms:

- > Pain or swelling in your legs
- > Pain in your lungs or chest
- > Difficulty breathing

For more information, ask for the patient brochure on “Reducing the risk of blood clots in your legs or lungs” or go to:

[www.nhmrc.gov.au/nics](http://www.nhmrc.gov.au/nics)

and follow the links to Programs, then Venous Thromboembolism Prevention.

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