

What increases your risk for Blood Clots?

- Not moving around a lot (after surgery, long car or plane rides)
- Injuries from an accident
- Recent surgery
- Personal or family history of DVT
- Cancer- now or in the past
- Pregnancy
- Being overweight

Blood clots can break off and become “emboli” that can travel to your lungs.

This may be a very serious, life-threatening event.

Symptoms of DVT

- New swelling in your leg or arm
- A warm spot and/ or skin redness on your leg or arm
- Pain and/ or tenderness in your leg or arm

Symptoms of PE

- Shortness of breath
- Chest or back pain with a deep breath
- A mild fever
- A fast heart beat
- Anxiety
- Fainting

Report any of these symptoms to your nurse RIGHT AWAY.

Who We Are

About Us

Here at Stony Brook we have a special team that serves our patients to prevent and treat DVTs. Our goals are patient safety, high quality of care and patient satisfaction.

Contact Us

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For more information

VEIN.STONYBROOKMEDICINE.EDU

WWW.STOPTHECLOT.ORG

WWW.AHRQ.GOV



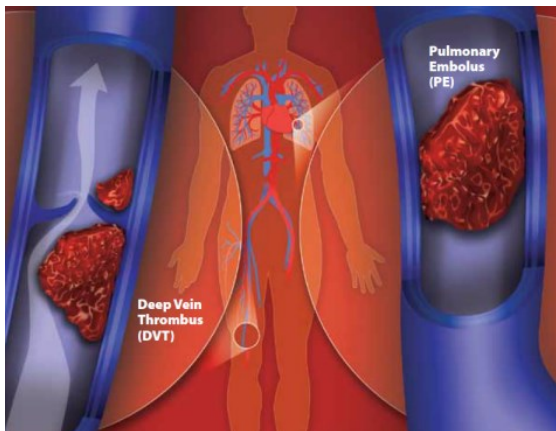
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PREVENTION OF BLOOD CLOTS WHILE IN THE HOSPITAL

*A guide for patients and
their families*



**Stony Brook
Medicine**



What is Deep Vein Thrombosis?

Deep vein thrombosis (DVT) is a blood clot in a deep vein, usually in the legs. It is one of the leading causes of death in the U.S. These blood clots can be dangerous if they break off and travel to the lungs. When this happens, it causes a serious condition called a pulmonary embolism (PE). Most people are unaware of deep vein thrombosis and its possible effects.

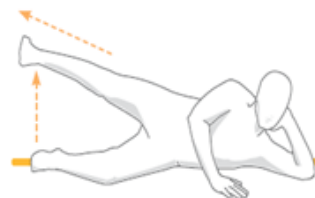
All patients admitted to Stony Brook are screened for their DVT risk. Based on your score, you may be placed on medication or asked to wear a compression device on your legs to prevent a DVT.

How to Prevent Blood Clots

- Walk as much as possible if its ordered
- Take the blood thinner medicine that your healthcare team prescribes for you
- Wear a compression device while you are not walking
- Raise your legs 6 inches above your heart from time to time
- Try not to cross your legs or use pillows under your knees

MOVEMENTS YOU CAN DO WHILE LYING DOWN*

Leg Raise- Lie on your side with one leg resting on top of the other. Slowly lift your top leg— to a 45 degree angle. Hold for a moment, then slowly bring it back down and repeat the movement. Switch to the opposite side and do the same



Knee to Chest- Lying down, bend your right knee and slowly pull your knee to your chest. Hold for 15 seconds; then slowly let your knee down. Repeat with your left leg.



Ankle Extension- Lying down, flex the toes of both feet toward you, hold for three seconds and then press your toes down, hold and repeat.



***ALWAYS check with your healthcare team before you start any type of exercise**



Example of the compression sleeves we use here at Stony Brook

Compression Device

Most patients in the hospital are at risk for DVT and some might not be able to take blood thinners. A member of your team will wrap sleeve-like cuffs around either your legs or feet. The cuffs are attached to an air pumping device that will squeeze the legs or feet like a massage. This helps with normal blood flow and helps prevent clots.

The more you wear this device, the more it will protect you. It is very important to wear the device as much as possible. You should wear this device while you are in bed or in the chair. Never walk around or get out of bed connected to the pump. Call your nurse or aide to remove and reapply.