

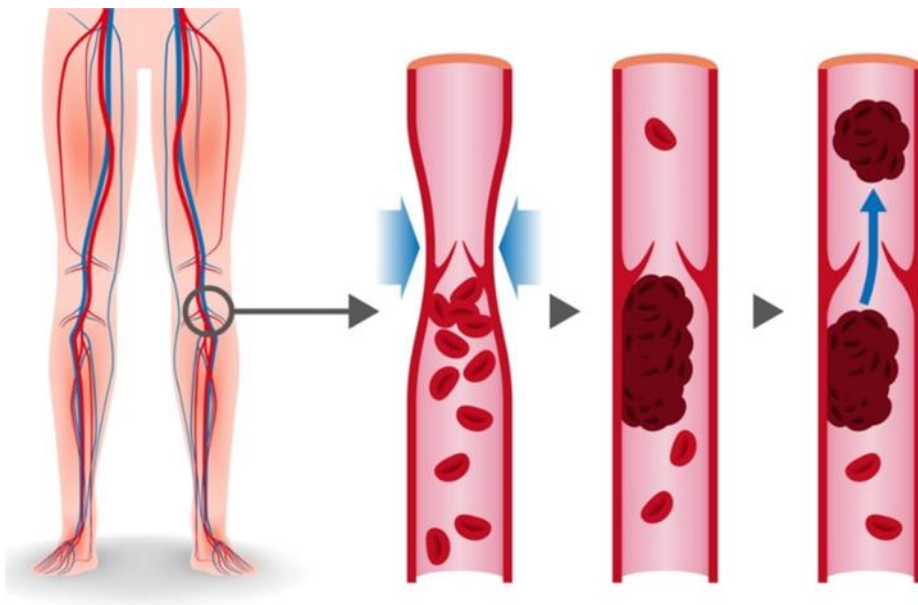
# Deep Vein Thrombosis (DVT) Patient Information Leaflet

## What is a DVT?

A DVT is a blood clot in the deep veins in the leg.

It needs to be diagnosed and treated as quickly as possible to reduce the risk of it moving to the lungs.

Most people can be treated safely without attending hospital.



Source: Cohese Healthcare

## What causes a DVT?

We don't always know why DVTs happen, but they may be due to;

Long periods of sitting during the day



Long journeys



Recent operations or a stay in hospital



Injury to the leg



Pregnancy or having a baby less than 6 weeks ago



## How do I know if I have a DVT?

Your leg may be:

Painful, red

and

Swollen



Picture Source: <https://www.nhs.uk/conditions/deep-vein-thrombosis-dvt/>

## What happens if my doctor thinks I have a DVT?

If your doctor thinks you may have a DVT they will give you some tablets to slow down the blood clotting process.



It is really important that you collect the prescription and take this to a pharmacy so that you can start taking these tablets straight away.

They will also refer you to Cohese Healthcare for an Ultrasound scan.



While waiting for your scan

If your leg gets more swollen and painful,  
if you develop a new cough, chest pain or become breathless  
or have any bleeding

Please contact your GP, 111 or go to the nearest A&E dept.

Cohese Healthcare will contact you by telephone between 8am and 6pm Monday to Friday (except bank holidays) to offer you the next available appointment.



It is important that you are seen as quickly as possible.

Please be prepared to travel to your appointment within the Bristol, North Somerset and South Gloucestershire area.



Please contact Cohese Healthcare if they have not contacted you within 4 hours of being referred by your GP (within working hours) or by 11am the next working day.

**Telephone 0333 332 2101**

## What can I expect at the Ultrasound appointment?

An Ultrasound scan uses sound waves to assess the flow of blood in your veins and identify any clots.



Picture Source: USC Ultrasound

It will be carried out by a specialist clinician called a Sonographer who will scan the full length of your leg.

You will need to take off your trousers or roll up your skirt/dress.



The examination usually takes about 15 minutes.

It may cause some discomfort as they press on your veins.

A Healthcare Assistant will also be present.

## My scan is negative.... what happens next?

The sonographer may advise you on how to treat your symptoms.

This may include rest, applying a cold compress, and keeping the leg raised when possible.



If your symptoms worsen or there is no improvement within a week or so, it is important that you see your GP for further advice.

## My scan is inconclusive.... what happens next?

A second scan will be arranged 6-8 days after the first scan.

You will see one of Cohese Healthcare's DVT Nurses who will advise you on any care or treatment required between the scans.

## My scan shows a DVT.... what happens next?

You will see one of Cohese Healthcare`s DVT Nurses. They will discuss medication called anticoagulants that make the blood clot more slowly.



There are different types of anticoagulants, and the Nurse will discuss which one is appropriate for you. They will tell you how it works, what to look out for and how long you will need to take it for.

The Nurse may take some blood samples from you and ask for a urine sample.



They will arrange to phone you after 1 week to see how you are and may arrange an appointment for you with one of the Doctors who works with the DVT service.

After 3 months treatment the Nurse will phone you again to let you know whether you can stop taking the anticoagulant medication. You will not need another scan of your leg

## How can I stop a DVT happening again?

Be active. Move around as much as possible. If walking is difficult, try to exercise your legs and feet.



Drink plenty of fluids and eat a healthy diet.



Don't smoke.

Keep your weight appropriate for your height



Consider compression socks when travelling.



## **References**

Deep vein thrombosis- Available at: <https://cohese.healthcare/nhs-services/dvt-services/> Accessed November 2024

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Your guide to Deep Vein Thrombosis (DVT)- Cohese Healthcare

What Is an Ultrasound Machine and How Does It Work?- Available at: <https://www.uscultrasound.com/blog/what-is-ultrasound-and-how-does-it-work/>  
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