



Blood Clots do not usually occur because of one risk factor. They usually happen when we are unfortunate enough to be affected by two or more risk factors at once.

You May be at Higher Risk if You

- Are admitted to hospital and for 90 days after you go home
- Have active cancer or receiving cancer treatment
- Are pregnant or have had a baby less than 6 weeks ago
- Become immobile (more than 3 days in bed/travel non-stop more than 6 hours/in a leg cast)

Your Risk may increase further if

- You or a close relative had a blood clot
- You had surgery in the last 90 days
- You have thrombophilia (tendency to clot)
- You are on the oral contraceptive pill or HRT
- You have heart, lung or inflammatory disease
- You are over 60 years of age or overweight
- You have varicose veins that become red and sore

If you are going in to hospital. Always ask for a VTE Risk Assessment.