



# Thrombosis Ireland

Spot The Signs... Save A Life

## Signs & Symptoms

A Clot in the vein (usually in the leg or pelvis) is known as a deep vein thrombosis (DVT) and a clot that breaks off and travels to the lungs is known as a Pulmonary Embolism (PE). Together, DVT and PE are called a Venous Thromboembolism (VTE). Venous Thromboembolism is a leading cause of death and disability worldwide.

### Clots in the legs (DVT – Deep Vein Thrombosis)

- Swelling or pain in the leg or calf
- Skin discolouration
- Part or all of the leg feels hot & swollen

### Clots in the lungs (PE- Venous Thromboembolism)

- DVT Symptoms
- Abnormal shortness of breath
- Sharp Chest Pain, particularly on breathing deeply
- Coughing up blood

### What can I do to try to prevent blood clots?

- Ask for a VTE Risk Assessment if you are being admitted to hospital
- Be aware of your risk, the signs and get medical attention fast if you suspect a clot.
- Keep mobile as much as possible
- Stay hydrated

Speak to your doctor or nurse if you are concerned you may be at risk

**You may not experience all or any of these symptoms.**