

Treatment:

These conditions are serious and will require urgent treatment in hospital with medications that prevent the clot from getting bigger and breaking off and travelling to another part of the body.

Prevention:

- Keep mobile and rotate your ankles regularly
- wear compression stockings if your midwife or doctor have advised you to do so
- consider taking short walks when you feel up to it
- stay well hydrated
- avoid sitting/lying down for prolonged periods i.e. in a car/on a train.

Some women will be prescribed injections to self-administer at home to reduce the risk of blood clots if they are considered to be at a higher risk of developing them. This may include women who have had a caesarean, or have any family or medical history that makes the risk higher.

If you have been prescribed injections:

It is very important to complete the course – and to dispose of the needles safely. Your midwife will explain this to you before you go home.

For more information visit:

- **NHS Choices:**
www.nhs.uk/conditions/deep-vein-thrombosis-dvt
- **NHS Choices:**
www.nhs.uk/conditions/pregnancy-and-baby/pages/dvt-blood-clot-pregnant.aspx