

Patient Information

Haematology

Ambulatory DVT service

Scan date _____ Scan time _____

Scan location: Main X-Ray

Medicine name _____ mgs

Twice daily (OR)

Enoxaparin injection dose _____

_____ daily at _____

This leaflet is for adults referred to the DVT service because of a suspected blood clot (DVT) in your leg.



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A Deep Vein Thrombosis (DVT) occurs when a blood clot forms in a vein

A blood clot itself isn't usually life threatening, but if it comes loose, it can travel in your blood and to cause problems elsewhere in the body. This is called a venous thromboembolism (VTE). If the blood clot reaches the lungs, it's called a pulmonary embolus (PE), which can be fatal. Even if a blood clot does not move, it can still damage veins over time.

What tests will I have?

Not everyone referred to the service will have a DVT. Your healthcare professional will check for risk factors and will consider the possibility of you having a DVT. They will also do a blood test called a D-Dimer to check for a blood clot.

What happens next?

If the assessment shows no sign of a DVT, you won't need treatment. You can go home and see your GP if symptoms continue.

If the assessment finds any concerns, it does not confirm DVT, but further testing (usually an ultrasound) is needed. The DVT nurse will call you by telephone on the next working day to book an appointment for your scan.

Until then, you will need to take an anticoagulant medication such as Rivaroxaban or Apixaban or get daily injections of enoxaparin. This medication will help to reduce the risk of the clot becoming bigger and causing complications. If you need injections, you will be taught to take them yourself or come to the department daily for them.

The main side effect is bleeding. If you have unexplained bleeding, bruising or black stools, you will need to go the Accident and Emergency (A&E) department.

After your scan, the DVT nurse will discuss the results with you and explain the treatment options if needed. **If your leg symptoms persist or worsen, then please contact the DVT nurse via the hospital**

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switchboard (or via the telephone numbers below) so that you can discuss this further.

If this is out of hours, please visit the nearest Accident and Emergency (A&E) department for assessment.

What signs and symptoms to look out for?

A Pulmonary Embolism (PE) is a serious but rare complication of a DVT. It happens when part of a clot breaks off and travel to the lungs, blocking blood flow.

Symptoms of a Pulmonary Embolism (PE) include:

- breathlessness
- stabbing pains in the chest or back
- coughing up blood, and
- in some cases, collapse

If you develop any of these symptoms, go to the nearest Accident and Emergency (A&E) department for assessment.

Contact details:

**If you need more information, please contact the DVT Service
Coventry**

Monday to Friday 09.15 - 16.30

Telephone Number – 024 7696 4000 and ask the switch board to bleep 2653

Rugby

Monday to Friday 08.45 - 16.15 - (Except Bank Holidays)

Telephone Number - 01788 663131 or ask the switchboard to bleep 2783

Patient Information

Useful link

National institute for health and care excellence (NICE)

Venous thromboembolic diseases: diagnosis, management, and thrombophilia testing

www.nice.org.uk/guidance/ng158

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6336 and we will do our best to meet your needs.

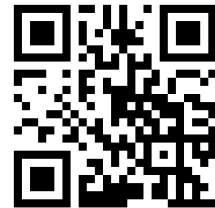
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Document History

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