



What should you do if you experience any of the problems listed? If you have unusual chest or back pain, coughing or spitting up blood, or an episode of recent collapse, call 999 immediately and advise the operator that you have recently been tested for DVT.

If you are unclear about any of the above instructions, please contact:

Your own General Practitioner (GP)

Or NHS24 on **08454 242424**

Information for patients found to have a clot in the leg (Deep Venous Thrombosis – DVT)

Patient leaflet

Working with you to make Highland the healthy place to be

You have been assessed today

(date: ___ / ___ / ___) and found to have a blood clot in your leg(s).

You will require treatment of this. The commonest treatment is with medicines to thin the blood (anticoagulants). This usually starts with several days of injections (heparin), and is continued with tablets (warfarin) for a period of usually between 6 weeks and 6 months.

You should also get a compression stocking to wear to help prevent long term problems with leg swelling. You will need to see a GP about this within 1-2 days to discuss the benefits and risks of blood-thinning medicines and to get a prescription. You may require further investigations to try to find the reason for the clot occurring. However, in many instances, further investigation is not required. If you have concerns, you should discuss these with the doctor who sees you about the positive test for a clot in the leg.

Note: You are advised to contact your own GP (or local A&E Department) for further assessment in certain circumstances – see Below.

What should I look out for?

- Increase pain or swelling in the leg
- Sudden onset of breathlessness that is unusual for you
- Chest and/or back pains that are unusual for you
- Coughing or spitting up blood
- Any episode of collapse
- Fast heart rate, racing pulse or palpitations

What could this mean?

One of the potential effects of a clot in a vein is that this clot can travel to the lungs. This is called a Pulmonary Embolus, and can make you very unwell, with some or all of the features above.