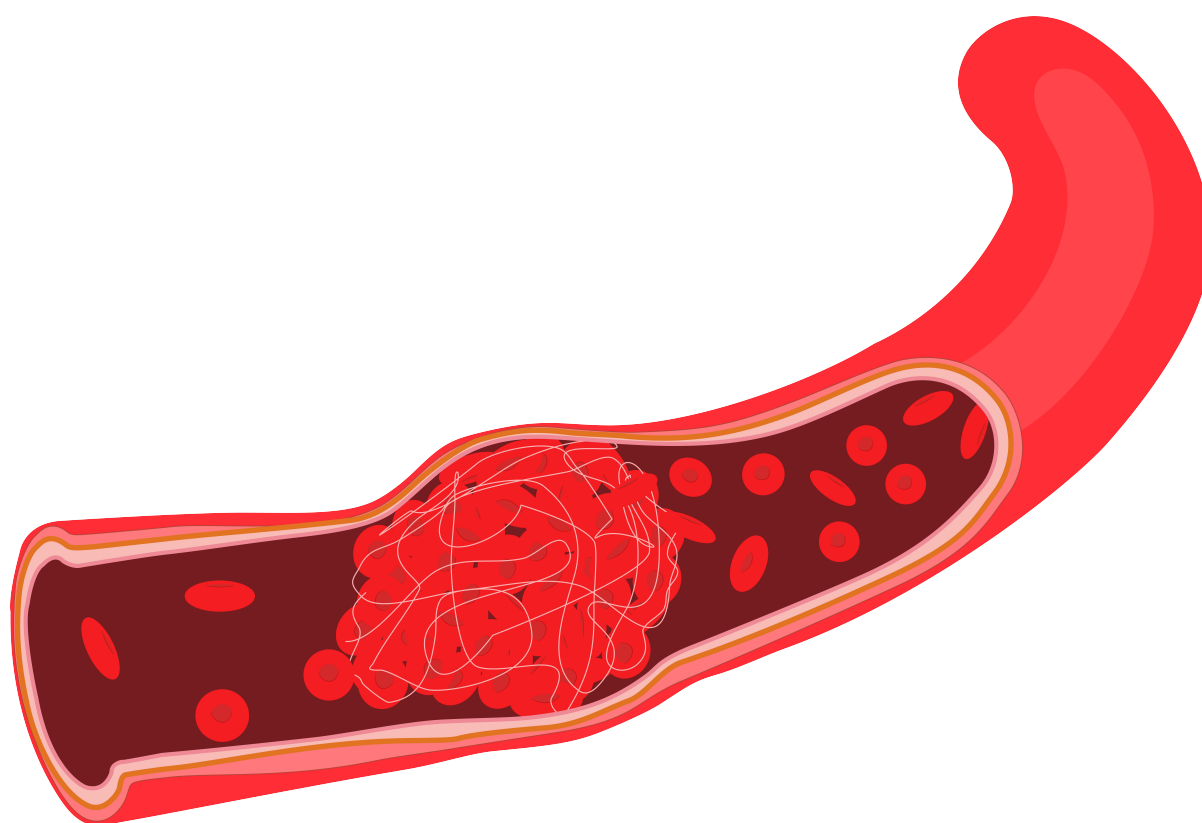
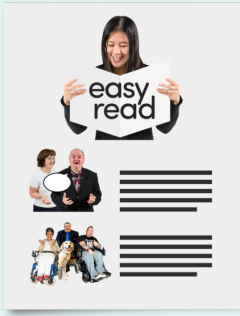


Stopping blood clots



Easy read booklet



This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words are **black and bold**. This means we think they are difficult words.



Black and bold words are thicker and darker. We explain what they mean in a box like this.

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Who we are and what this booklet is about



King's College Hospital
NHS Foundation Trust

We are **King's College Hospital**
NHS Foundation Trust.

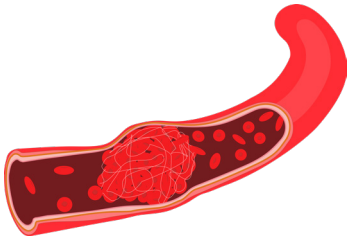


We want you to know about:

- blood clots
- the signs of blood clots
- what to do if you get signs of blood clots
- how you can lower your risk of getting blood clots



About blood clots



A blood clot is when your blood sticks together.



This happens when you cut yourself so you stop bleeding.

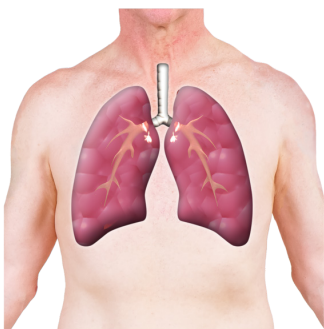


But sometimes you can get a blood clot inside your body. This can cause problems.



You can get a blood clot in your leg. It can make your leg:

- painful
- swollen
- a different colour



Sometimes a blood clot can move to your lungs. This can be very serious.



There are 2 types of blood clots called:

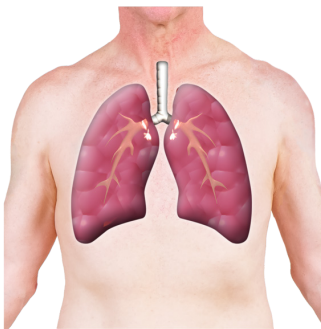
- **deep vein thrombosis**
- **pulmonary embolism**



A **deep vein thrombosis** is a blood clot in a vein deep in your body.



It is often in the leg or arm but can be anywhere you have deep veins.



A **pulmonary embolism** is a blood clot in the blood tubes in your lungs.

Signs to look out for



A sore leg or a swollen leg.



A sore or a swollen arm.

This does not happen often.



You have a sore chest or find it hard to breathe.



These signs do not always mean a blood clot.

What to do if you have any of these signs



If you are in hospital, tell your doctor or nurse as soon as you can.



If you are not in hospital go to **A&E** or the Emergency Department.



A&E is short for Accident and Emergency. It is also known as the Emergency Department. It is the part of a hospital where you get emergency care.



Call an ambulance if you:

- have problems breathing
- have a pain in your chest or back
- cough up blood

Stopping blood clots in hospital



Your doctor or nurse may give you medicine.



This could be:

- tablets or
- an **injection** in the tummy



An **injection** is a needle that puts medicine into your body.



Walk around as much as you can.



Move your feet and legs if you have to stay in a bed or a chair.



Your doctor or nurse may give you a sleeve that wraps around your foot or leg.



The sleeve fills with air to help move the blood in your body.



You will feel like your legs are being given a little squeeze.



If you are worried or have any questions talk to your doctor or nurse.

What you can do at home to lower your chances of blood clots



Drink lots of water or other drinks like juice or tea. Do not do this if your doctor tells you not to.



If you can, get out of bed.

This helps to get your blood moving.



If you can, do things like walking or exercise.

The Patient Advice and Liaison Service (PALS)



The Patient Advice and Liaison Service (PALS) is a service that gives support, information and help to patients, relatives and visitors.



If you have a worry or complaint that staff have not been able to sort out PALS can give you help and advice.



They can also pass on praise and thanks to our staff.



To contact PALS you can

Telephone

020 3299 4618



Email

kings.pals@nhs.net



If you would like this information in a different way please get in touch with Interpreting and Accessible Communication Support.



Telephone

020 3299 4618



Email

kings.access@nhs.net

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