Pregnancy and childbirth can increase the risk for blood clots
A woman is at increased risk up to 3 months after her baby is born.
Risks for blood clots during pregnancy, childbirth, and up to 3 months after the baby is born include:

- Prolonged immobility due to bed rest during pregnancy or recovery after delivery
- A previous blood clot, a family history of clots, or a genetic blood clotting disorder
- Delivery by C-section
- Pregnancy at age 35 or older
- Overweight or obesity
- Smoking
- Certain pregnancy complications, such as pregnancy with multiple babies or the use of fertility treatments involving hormones

Visit www.stoptheclot.org/spreadtheword for more information.