
<table>
<thead>
<tr>
<th>Before You Enter the Hospital</th>
<th>Before You Leave the Hospital</th>
<th>When You Return Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Discuss blood clot risks and family history with your doctor.</td>
<td>- Ask your doctor how to prevent blood clots when you are at home.</td>
<td>- Follow instructions and take medication as prescribed.</td>
</tr>
<tr>
<td>- Ask if you will need treatment to prevent blood clots in the hospital.</td>
<td>- Discuss the signs and symptoms of blood clots.</td>
<td>- Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs.</td>
</tr>
<tr>
<td>- Make sure all your doctors know your blood clot risks and ask for a prevention plan.</td>
<td>- Make sure you know what to do if you experience the signs or symptoms of a blood clot.</td>
<td>- The risks for blood clots remain 90 days after a hospital stay or surgery. Notify your doctor if you experience signs or symptoms of blood clots.</td>
</tr>
</tbody>
</table>

**Risk Factors**
- Hospitalization, physical trauma, surgery
- Lack of mobility, inactive lifestyle
- Pregnancy or recently gave birth
- Cancer and its treatment
- Family or personal history of blood clots
- Birth control or hormone therapy with estrogen
- Smoking
- Overweight
- Age 55 or older
- Long-term medical conditions, such as heart or lung conditions, or diabetes

**Signs and Symptoms**
- **Seek immediate medical attention if you experience blood clot signs or symptoms:**
  - **Blood clots in the legs or arms:**
    - Swelling of your leg or arm
    - Pain or tenderness not caused by injury
    - Skin that is warm to the touch or red or discolored
  - **Blood clots in the lungs:**
    - Difficulty breathing
    - Chest pain, worsens with a deep breath
    - Coughing, or coughing up blood
    - Faster than normal or irregular heartbeat

**My Notes**

Visit [www.stoptheclot.org/spreadtheword](http://www.stoptheclot.org/spreadtheword) for more information.