

How to Prevent a Thrombo-Embolism

What is a Venous Thrombo-embolism (VTE)?

A Venous thrombo- embolism (VTE) (sounds like: veen-us throm-bow-em-bull-is-um) is a blood clot that forms in one of the larger veins of the body. You may also hear it called deep vein thrombosis (DVT). This type of blood clot usually occurs in the calf, thigh or pelvis.

The blood clot can block all or part of the blood flow through your vein. The clot can break loose and get stuck in another part of your body.

If a blood clot gets stuck in your lung, this is a life-threatening problem.

What causes a VTE?

When blood flow is slowed down it causes blood to become thicker and make a clot. This can happen when you are not moving or walking enough to keep the blood flowing through the veins.

How can you help prevent a VTE?

Move your legs in bed as much as you are able.

Walk if it is safe for you to do so.

What are symptoms of a VTE?

Where you have a VTE, the area becomes inflamed. It may feel painful, swollen and hot.

How do you know if you have a VTE?

An ultrasound test measures the blood flow through your veins and helps locate any clots that might be blocking blood flow.

What Medications are used to prevent a VTE?

The doctor will assess your risk for a VTE. If your risk is medium or high, the doctor will order daily injections of a blood thinning medicine. This medicine will prevent a blood clot from forming.

If you already had a VTE, the medicine will prevent the blood clot from getting any larger and from travelling to your lungs.

The blood thinning medicine is called:

Enoxaparin (sounds like ann-ox-ah-pair-in)

or

Dalteparin (sounds like: doll-the-pair-in)