



# Deep vein thrombosis

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

## What is deep vein thrombosis (DVT)?

- Is a blood clot that happens within a deep vein, not on the skin's surface. They can occur in many parts of the body, more commonly seen in the leg.
- If you think you might have a DVT see medical attention as it can develop into a pulmonary embolism, a part of a clot that is dislodged and ends up in the lung. This is potentially life-threatening.

## How do I know if I have a DVT ?

- Typically you feel pain and notice swelling in the affected area - usually below the hip in the thigh or calf.
- If you become short of breath, develop chest pain, fast heartbeat, cough up blood or feel dizzy and faint - call 000 or present to the nearest emergency department.

## What causes a DVT?

- Anything that causes a blockage in the deep veins or slows the blood flow.
- Being non-mobile for a period of time, (long flight, or car trip).
- Recent surgery, fracture, or wearing an immobilisation device for periods of time.
- Oral contraceptive pill or hormone replacement therapy with oestrogen.

## How is a DVT diagnosed & Treated

- Tests are sometimes used to help diagnose a DVT including blood tests and ultrasound. In more severe cases - more advanced imaging may be required.
- If you have a confirmed DVT you can be treated with medication that reduced blood clotting formally known as anticoagulant medication. This can be administered by injections or tablets and will need to take for a period of a few months.

If you have any questions, please ask the doctors or nurses before you leave.

Seeking Help: In a medical emergency go to your nearest emergency department or call 000

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.