



If you have been prescribed an anticoagulant (Coumadin®/Warfarin), you may benefit from a visit to our Anticoagulation Clinic. Careful monitoring by our experts can:

- Help avoid problems and dosing errors
- Inform patients about food interactions
- Identify prescription and non-prescription drugs or supplements that may conflict with anticoagulant therapy

**McLAREN BAY REGION
ANTICOAGULATION CLINIC**
3250 E. Midland Road
Bay City, MI 48706

Monday - Friday, 8am - 4:30pm
Phone (989) 667-2871

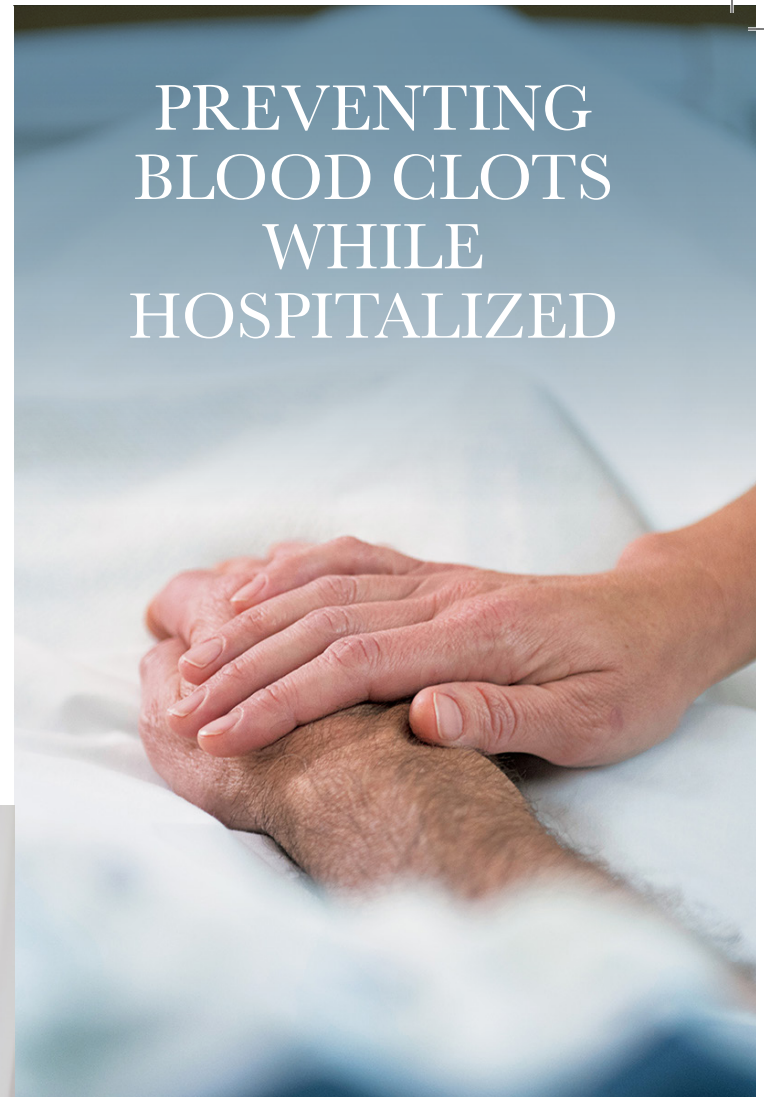


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PREVENTING BLOOD CLOTS WHILE HOSPITALIZED

*Important information you should
understand about blood clots*

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THINGS YOU CAN DO TO PREVENT BLOOD CLOTS

- Walk if you are able to, as it helps improve your blood flow
- Talk to your doctor or nurse about your risk for developing a blood clot
- Ask if medications are needed to help reduce your chance of getting a blood clot
- If a medication is ordered to help prevent blood clots, be sure to receive all doses
- Ask your doctor or nurse if mechanical methods are appropriate to help improve your blood flow



HOW CAN I PREVENT A BLOOD CLOT WHILE I AM IN THE HOSPITAL?

WHAT IS A BLOOD CLOT?

- Blood clots can form when something slows or changes the flow of blood within your veins
- Blood clots usually form in the lower leg or thigh, but can travel throughout the body including into the lungs
- A blood clot in the lungs is called a pulmonary embolism (PE)
- Symptoms of a blood clot in the leg or arm may include:
 - Redness
 - Warmth
 - Pain
 - Swelling
- Symptoms of a PE may include:
 - Shortness of breath
 - Rapid heart rate
 - Unexplained cough
 - Chest pain

AM I AT RISK FOR A BLOOD CLOT?

There are many factors that may increase your risk for developing a blood clot:

- Age
- Cancer diagnosis
- Previous blood clots
- Known blood clotting disorder
- Recent fracture
- Recent surgery
- Heart attack
- Stroke
- Infection
- Heart failure
- Respiratory Failure
- Birth control pills or estrogen
- Obesity
- Bed rest
- Sitting for long periods of time
- Smoking

WHAT CAN I DO TO PREVENT A BLOOD CLOT?

- Walking is one of the best things you can do to help reduce your risk of developing a blood clot
- In addition to walking, there are two other options available to help prevent clots:
 - Medications
 - Devices

	DEVICES	MEDICATIONS
Why use it?	Improve blood flow	Prevent blood from clotting
What types are available?	Stockings Foot pumps Inflatable devices	Blood thinners: Heparin & Lovenox® are most common

IMPORTANT REMINDERS:

MEDICATIONS

To prevent blood clots, it is important that you receive all doses of the medication ordered for you. These medications are important to receive even if you are able to get up and walk.

MECHANICAL DEVICES

Mechanical devices should be worn when sitting in a chair or resting in bed. These devices are important to wear even when you are able to get up and walk.

ADDITIONAL RESOURCES

www.clotconnect.org

www.cdc.gov/ncbddd/dvt/index.html

This brochure is for informational purposes. Ask your doctor about any risks or potential side effects associated with the medications and devices listed in this document.