

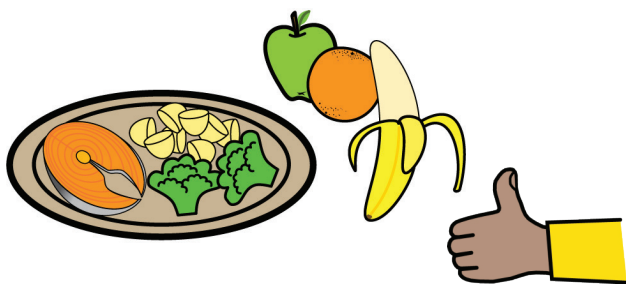
How to stop a blood clot happening before, during and after your hospital stay



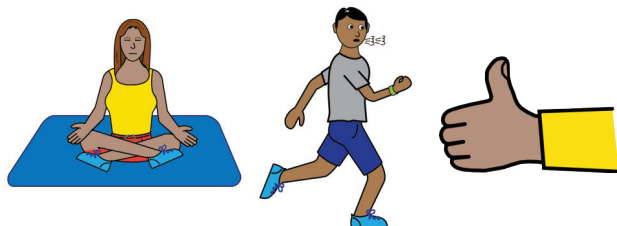
Blood clots are dangerous.

This leaflet tells you what you can do to stop a blood clot happening.

Before you come to hospital



Eat a healthy diet.



Do some exercise.



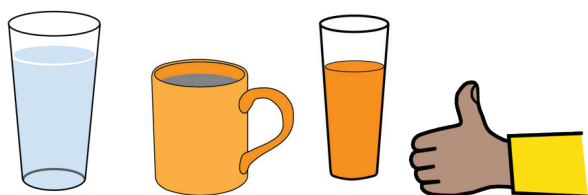
Stop smoking.

While you are in hospital



Keep moving.

If it is hard to walk, move your legs in bed or in a chair.



Drink lots of water, tea or squash.



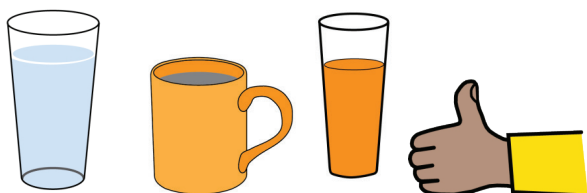
The nurse might give you special stockings to wear.

You must wear them all the time. If they hurt, tell someone.

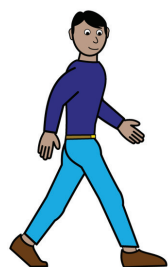
When you get home



Keep moving.



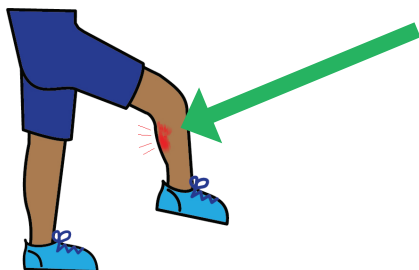
**Keep drinking
lots of water,
tea or squash.**



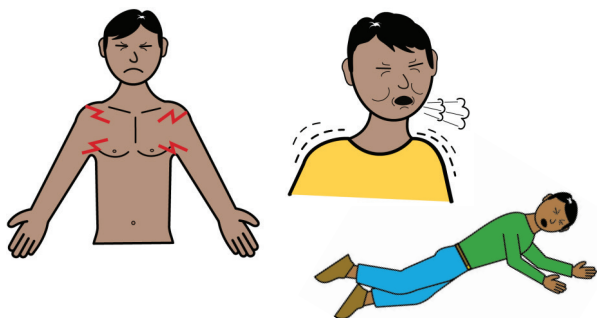
**If you were
given stockings,
you can take
them off when
you are able to
move around.**



What are the signs of a blood clot?



Swelling,
redness or pain
in your leg



- Chest pain
- Hard to breathe
- Coughing
- Collapse

These signs can
be dangerous.

Do not ignore
them.

Tell someone
or go to the
hospital.





Call 999 in an emergency.

For advice call

St Richards Hospital 01243 788122 Ext. 35254

or Worthing Hospital 01903 205111 Ext. 86267

All images/resources copyright © LYFT

Ref. number: 2484

Publication date: 02/2025

Review date: 02/2028

© University Hospitals Sussex NHS Foundation Trust Disclaimer:

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.