

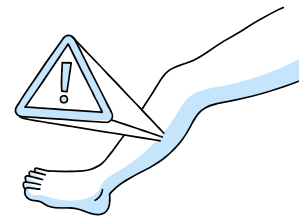
## THINGS TO REMEMBER ABOUT

# DVT & PE

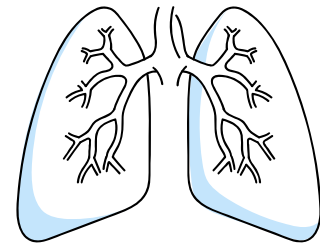
There are some helpful videos on deep vein thrombosis (DVT) and pulmonary embolism (PE) at **CLOTWISE.com** for you to watch and learn more about your condition, if you haven't already. Keep this sheet handy to remind yourself of important information on DVT & PE as well as a list of things you can do as you begin your treatment.

### About DVT & PE

- A DVT is a blood clot that most often occurs in the legs
- If a DVT enters the lung, it is then called a pulmonary embolism (PE), and can cause life-threatening damage
- If you've had one of these blood clots, your risk for another increases, so your doctor likely treated you with a blood thinner to keep blood clots from forming or getting larger
- Types of blood thinners include warfarin, injections, and direct oral anticoagulants (DOACs). Your healthcare provider may choose an option specifically for you



A DVT usually starts in the legs.



A PE can happen when blood clots travel to the lungs.

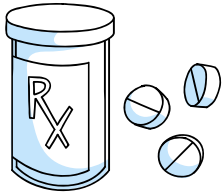
### About ongoing treatment

- The length of treatment varies based on your specific situation, so make sure to follow the treatment plan prescribed by your healthcare provider
- You should make a follow-up appointment with your healthcare provider and discuss if your dose of medicine should change or you need longer-term treatment
- It is very important to fill your prescription and take your medication as directed
- Make sure you don't stop taking your medication without talking to your healthcare team

### How to lower the risk of a DVT or PE happening again

- You can help prevent blood clots by taking your medication, understanding your condition, and having a healthy lifestyle
- Discuss and understand your treatment plan with your healthcare provider at your follow-up appointment
- If you need additional help or support, contact your healthcare provider

# GETTING READY TO GO HOME



As you get ready to go home, keep this checklist handy. Two of the most important things you can do to help manage your health once you leave the hospital are to continue taking your medication and to continue making follow-up appointments with your doctor. If you think there might be something that prevents you from doing so, be sure to speak with your case manager or nurse.

## Things to do

- Schedule a follow-up appointment with your healthcare provider
- Fill your medical prescription
  - Understand how to take your medicine
- While taking a blood thinner, you may bruise or bleed more easily. Don't stop taking your medication without speaking to your healthcare provider
- Let family members, caregivers, and all healthcare providers know you are taking a blood thinner
- Call your healthcare provider if you:
  - Need a refill before your follow-up appointment
  - Can't fill your prescription
  - Have any side effects
  - Have any signs/symptoms of bleeding
  - Have an accident or fall that may cause bleeding
  - Are scheduling any medical/dental procedures
- Get some help from educational and support resources online
  - Scan the QR code to the right, or visit [ClotWise.com](https://www.clotwise.com), to watch some informational videos on DVT & PE



FOLLOW-UP  
APPOINTMENT

