

# Your referral for suspected Deep Vein Thrombosis (DVT)

DVT Clinic

Information for Patients

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## Welcome to the DVT clinic

You have been referred here because you have a painful and/or swollen leg. There are many reasons for this but one of the most serious is deep vein thrombosis (DVT).

## What is DVT?

A DVT is a clot which happens in the vein. It is usually in the calf or the thigh. It can happen for many reasons like after an accident, an operation or long periods of immobility (long bed rest, long flights/journeys). Sometimes it can happen for no apparent reason. There are some blood clotting disorders that run in families so you may have a family history of DVT.

## How will I find out I have DVT?

A specialist nurse will see you. They will ask you questions about how this happened and may take blood for testing. The nurse will record any medical conditions, medications and allergies, take measurements of your calf and weight. If we cannot confirm that you do not have DVT, we will arrange an ultrasound scan for you.

## Will I need to stay in hospital?

No. It is now possible to treat most people with a suspected DVT as an outpatient. We will assess you when you arrive at the clinic.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Is DVT dangerous?

If left untreated the blood clot can get bigger causing more pain and swelling. In some cases the clot can break off and move through the bloodstream and get stuck in places like the lung. This is called a pulmonary embolism.

## How is this prevented?

Until the ultrasound scan we will prescribe you with anticoagulants (blood thinners). This helps to stop the clot from getting bigger or breaking up and travelling to the lungs.

## What happens after the scan?

If we see no blood clot in the scan the anticoagulants will be stopped. You will be referred back to your GP. Sometimes if another condition, like cellulitis, needs immediate treatment, you will be referred to the Medical SEDC. If a blood clot has been found in the scan, you will need anticoagulation treatment. The specialist nurse will assess, prescribe and dispense anticoagulation treatment from the DVT clinic. This is usually a tablet. Sometimes injections are used. We will arrange a follow up appointment for you to see the consultant in 3 to 6 months time.

## Serious side effects

The most serious side effect of anticoagulants is bleeding. If you experience any of the following, get medical attention:

- Prolonged nose bleeds (more than 10 minutes)
- Blood in vomit
- Blood in sputum
- Passing blood in your urine or stools
- Passing black stools
- Severe or spontaneous bruising
- Unusual headaches
- For women, heavy or increased bleeding during your period or any other vaginal bleeding.
- If you cut yourself, apply firm pressure to the site for at least 5 minutes using a clean dry dressing.



## Get immediate medical help if you:

- are involved in a major physical trauma
- suffer a significant blow to the head
- are unable to stop bleeding

## Contact details

If you have any questions please contact the department on **0116 258 5972**

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