

# STOP THE CLOT, SPREAD THE WORD™



Headed to the Hospital? Discuss this Prevention Plan Checklist with Your Doctor.  
**Get Better. Don't Get a Blood Clot.**

Before You Enter the Hospital	Before You Leave the Hospital	When You Return Home
<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss blood clot risks and family history with your doctor.</li> <li><input type="checkbox"/> Ask if you will need treatment to prevent blood clots in the hospital.</li> <li><input type="checkbox"/> Make sure all your doctors know your blood clot risks and ask for a prevention plan.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your doctor how to prevent blood clots when you are at home.</li> <li><input type="checkbox"/> Discuss the signs and symptoms of blood clots.</li> <li><input type="checkbox"/> Make sure you know what to do if you experience the signs or symptoms of a blood clot.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Follow instructions and take medication as prescribed.</li> <li><input type="checkbox"/> Move around. If confined to bed or a wheelchair, have someone help you move your arms and legs.</li> <li><input type="checkbox"/> The risks for blood clots remain 90 days after a hospital stay or surgery. Notify your doctor if you experience signs or symptoms of blood clots.</li> </ul>
Risk Factors	Signs and Symptoms	My Notes
<p><b>Check risk factors that apply to you and discuss with doctor:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hospitalization, physical trauma, surgery</li> <li><input type="checkbox"/> Lack of mobility, inactive lifestyle</li> <li><input type="checkbox"/> Pregnancy or recently gave birth</li> <li><input type="checkbox"/> Cancer and its treatment</li> <li><input type="checkbox"/> Family or personal history of blood clots</li> <li><input type="checkbox"/> Birth control or hormone therapy with estrogen</li> <li><input type="checkbox"/> Smoking</li> <li><input type="checkbox"/> Overweight</li> <li><input type="checkbox"/> Age 55 or older</li> <li><input type="checkbox"/> Long-term medical conditions, such as heart or lung conditions, or diabetes</li> </ul>	<p><b>Seek immediate medical attention if you experience blood clot signs or symptoms:</b></p> <p><b>Blood clots in the legs or arms:</b></p> <ul style="list-style-type: none"> <li>• Swelling of your leg or arm</li> <li>• Pain or tenderness not caused by injury</li> <li>• Skin that is warm to the touch or red or discolored</li> </ul> <p><b>Blood clots in the lungs:</b></p> <ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain, worsens with a deep breath</li> <li>• Coughing, or coughing up blood</li> <li>• Faster than normal or irregular heartbeat</li> </ul>	

Visit [www.stoptheclot.org/spreadtheword](http://www.stoptheclot.org/spreadtheword) for more information.



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