

## Do these treatments have side effects?

The most common side effect with Enoxaparin is bruising around the injection site. This will be discussed with you before you start your treatment

## Will the treatment affect my baby?

Enoxaparin does not cross the placenta so it is safe for your developing baby and if you are breastfeeding.

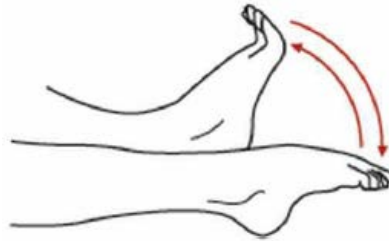
## What else can I do to help prevent VTE?

- Try not to sit still for long periods.
- On long journeys, try to move your legs, have a break and walk around every one to two hours.
- Drink plenty of fluids and do not become dehydrated.
- Try to get up and about as soon as possible after delivery
- Take Enoxaparin for the full course, particularly following delivery, when you might be thinking more about the baby than yourself.

Your midwife will show you or your partner how to give the injections to yourself and provide support until you are confident.

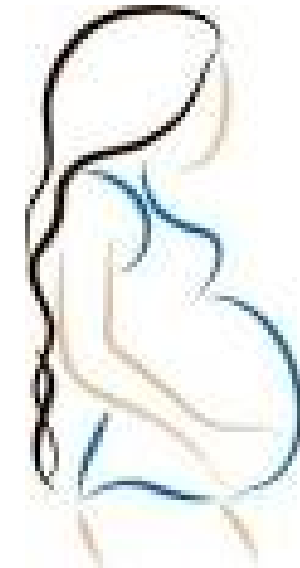
## Exercises you can do to reduce your risk

Bend and straighten your ankles  
Keep your knees straight during the exercise to stretch your calf muscles  
Repeat at regular intervals during the day.



# Preventing blood clots in pregnancy and after giving birth

This information leaflet is for pregnant women. It gives information about blood clots in pregnancy, what causes them and what you can do to help prevent them.



**If you think you may have a DVT or PE, you should seek medical advice immediately either from your GP or nearest A&E (Emergency Department).**

## Deep vein thrombosis (DVT)

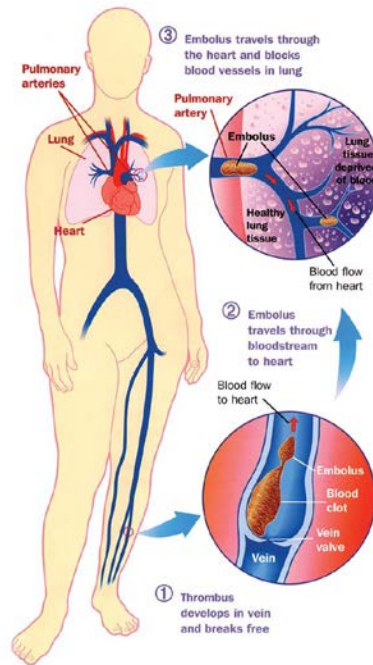
A DVT is a blood clot in the deep veins of the leg or pelvis. It can block off or reduce the flow of blood in a vein.

## Pulmonary embolism (PE)

A PE is when all or part of the blood clot breaks off, travels through the body and blocks the blood vessels to the lungs. It is potentially life threatening.

### What are the signs and symptoms of a DVT or PE?

- A red and hot swollen leg
- Swelling in your entire leg or just part of it
- Pain and/or tenderness in your leg
- Sudden shortness of breath
- Chest pain that is sharp or stabbing and that may get worse when breathing in
- Rapid heart rate
- Unexplained cough,
- Collapse (in severe cases)



### What causes blood clots in pregnancy and after giving birth?

Blood clots are more common in pregnant women. This is due to changes in the body caused by being pregnant. It can take around six weeks after you give birth for your blood to return to normal.

There are other factors that may increase your risk of a blood clot.

These include:

- Having DVT/PE previously
- A family history of DVT/PE

- Have a pregnancy as a result of IVF (in-vitro fertilisation)
- Are carrying more than one baby (multiple pregnancy)
- Age 35 years or older
- Are overweight (BMI above 30)
- If you already have three or more children
- Smoking
- A long labour
- Delivery by caesarean section

### When will my risk of blood clotting be assessed?

1. At your booking appointment
2. During any admission to hospital during pregnancy
3. Immediately following delivery.

### What can be done to reduce my risk of blood clots?

- You may be offered medication to thin your blood (anticoagulant medication). In Cardiff and Vale Hospitals we use low molecular weight heparin which is given by injection.
- Compression stockings may be offered to help the blood flow in your leg