

# Preventing Blood Clots

## What's all this talk about blood clots?

A blood clot is a plug in a blood vessel. While blood clots are uncommon, having just had a baby puts women at an increased chance of developing blood clots. If blood clots form they can be life-threatening or require further treatment throughout your life. The signs of blood clots are significant swelling or pain in one leg, pain in your chest, trouble breathing or coughing up blood. Swelling in your legs after delivery is normal, but severe pain in one leg is not normal.

## How does this affect me?

The standard of care at BC Women's is to assess all women for their chance of developing blood clots. Your care provider has identified you as needing stockings and blood thinning medication.

## How are blood clots prevented?



Your provider has ordered stockings for you to wear on your legs. Your stockings help increase circulation through your body. Getting out of bed and walking is also important. Your stockings will come off when you are up and moving about which helps move blood through your system.

## What are you giving me?

Your nurse may be giving you medication called Dalteparin as part of standard practice to prevent blood clots. A low dose of this medication is given by injection once per day while you are in the hospital. This medication will help reduce your chance of developing a blood clot after delivery by preventing a plug in your blood vessel from forming through thinning your blood. You may have some bruising at the site of injection which is normal. Rare side effects may include allergic reaction or extra bleeding. ***This medication is safe to take when breastfeeding.***

