

# Care after a suspected blood clot in your leg

Emergency Department

Information for Patients

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## Introduction

You have come to our Emergency Department (ED) today because of pain or swelling in one of your legs. We think that you show symptoms of a condition known as a 'deep vein thrombosis (DVT)'.

## What is a DVT?

A DVT is a blood clot in a deep vein. It is found most often in one of the veins in the muscles of a leg. Symptoms of DVT in the leg are:

- throbbing or cramping pain in one leg (rarely both legs), usually in the calf or thigh.
- swelling in one leg (rarely both legs).
- warm skin around the painful area.
- red or darkened skin around the painful area.
- swollen veins that are hard or sore when you touch them.

These symptoms also happen in your arm or tummy if that's where the blood clot is.

## What problems can happen if I have a DVT?

If left untreated you can develop permanent swelling and pain in the leg. This is known as post-thrombotic syndrome. When it is severe it can lead to leg ulcers.

DVT can be very serious. Blood clots in your veins can break loose. They can then move through your bloodstream and get stuck in your lungs. This is called a pulmonary embolism (PE). PE can lead to death in around 3% of untreated DVT.

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

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What will happen next?

You are well enough to go home. We have arranged for you to have further assessment in our DVT clinic. A specialist nurse will see you in the clinic. They may need to take further blood samples. Please allow 3 hours for your visit. You may also need to have an ultrasound scan of your leg. Sometimes, this may have to be arranged for another day.

We have given you blood thinning tablets or injections. You need to take these in the way we have shown you until you are seen in the DVT clinic. The medication will stop any clot you might have from getting bigger or breaking off. If you have been given medication to inject, use the sharps bin we have given you to dispose of the syringes safely.

## Your appointment in the DVT clinic has been made for:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Please go to: DVT Clinic / Ambulatory Care - First Floor, Balmoral Building,  
Leicester Royal Infirmary (close to Balmoral Reception; walk past GPAU)

**Opening hours:** Monday to Friday, 8am to 7:30pm **Telephone:** 0116 258 5972

If you need advice before your appointment call the Emergency Department Injuries Area on 0116 258 5807.

## What if my symptoms get worse before my appointment?

If your symptoms get worse or very severe, please return to the Emergency Department. If you have any of the following call 999:

- Chest pain.
- Difficulty in breathing.
- If you collapse or faint.
- Bleeding from anywhere.
- Pain in your leg that does not get better with painkillers.
- The swelling of your leg is spreading.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)