

CLEARING THE CLOT

DVT DOCTOR DISCUSSION GUIDE

If you've been diagnosed with a DVT blood clot, it's important to talk to your doctor about your condition and treatment options. Just check the questions you'd like to ask your doctor below and bring this discussion guide to your next appointment to help get clarity about DVT.

A BOUT DVT

- What is DVT?
 - What is the likely cause of my DVT?
 - What are my chances of having another episode of DVT?
 - Are there ways to help prevent getting another clot?
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L O N G - T E R M H E A L T H I S S U E S

- What are the long-term health complications associated with DVT blood clots?
 - Am I at risk for long-term complications?
 - Is there anything I can do to reduce my risk for long-term complications?
 - What is post-thrombotic syndrome (PTS)?
 - Am I at risk for post-thrombotic syndrome (PTS)? If so, is there anything I can do to reduce my risk?
 - What is my risk of pulmonary embolism and what can I do to avoid it?
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T R E A T M E N T O P T I O N S

- How long will I have to stay on blood thinners?
- What therapies should I consider other than blood thinners and compression stockings?
- Will blood thinners remove the clot? Are there any treatment options that will help remove the clot?
- What if I can't take blood thinners or if the clot is really big?
- Are there treatments that will reduce my risk for post-thrombotic syndrome (PTS)? Am I a candidate for those treatments?
- Should I see a specialist about my DVT treatment options?

LIFESTYLE

- Do I need to limit my physical activity until the clot clears? Can I exercise during treatment?
- Is it safe for me to travel with DVT? Do I need to take any precautions when travelling?
- What lifestyle changes can I make to help reduce my risk of having another clot?
- Is there anything I can do to reduce my risk of pulmonary embolism and post-thrombotic syndrome (PTS)?

MORE QUESTIONS FOR YOUR DOCTOR

Use the space below for any additional questions you may have for your doctor.



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PI-420109-AA AUG2016