

Living with DVT

Your doctor has asked the Anticoagulation Management Service (AMS) team to work closely with you after you leave the hospital. Members of your AMS team specialize in helping patients with DVT.

You'll follow a treatment plan to protect you from getting another clot. Your treatment plan will include:

- Taking medicine exactly as your care team shows you.
- Getting blood tests to make sure you're taking the right type and dose of medicine.
- Protecting yourself from injury and keeping the swelling in your legs down.
- Watching your diet
- Watching out for drug interactions.
- Keeping appointments and checking in with your care team

This might seem like a lot of work, but you'll get support from AMS and other members of your care team. They'll work closely with you to make sure your treatment plan is working.

Steps to manage DVT

Take your medicines

When you leave the hospital, your doctor will prescribe medicines for your DVT. For most people these include enoxaparin (also called Lovenox®) and warfarin (also called Coumadin®).

- **Enoxaparin** is given as an injection (a shot). Most people need to have shots for about 5 to 6 days.
- **Warfarin** is given as a pill. You'll start taking warfarin at the same time you start enoxaparin. You'll stop using enoxaparin when your blood tests show you have enough warfarin in your body to be effective.

Get blood tests regularly

You'll need blood tests regularly as long as you're taking medicine for DVT. The blood test, called a protime test, measures how fast your blood is clotting. The tests help your care team know that you're getting the right amount of medicine.

Keep the swelling down

Your doctor will give you a prescription for a special type of stocking, called a compression stocking or TED hose. You'll wear this stocking for the next 2 years to help keep your leg from swelling.

Stay safe

It's especially important to avoid getting hurt when you're taking blood thinning medicine. When your blood is thin, you might have a harder time healing if you cut or bruise yourself.

Stay away from tobacco smoke

Tobacco can change the way your DVT medicine works. It can also make your blood clot faster. If you use tobacco, quit. For information about quitting tobacco, call the Quit For Life® Program at 1-800-462-5327.

Watch the amount of vitamin K in your foods

Many foods have vitamin K, and vitamin K affects blood clotting. Just make sure you eat the same amount and kinds of foods every day. If you eat a lot more or a lot less of certain foods on one day, it can change how well your medicine is working. Ask your care team for a complete list of foods that have vitamin K.

Watch for drug interactions

Don't use any over-the-counter medicine or supplements without talking to your doctor or pharmacist first. Many over-the-counter medicines, including vitamins and herbal supplements, thin your blood or change the way your DVT medicine works.

Appointments with your health care team

As long as you're being treated for DVT, you'll need to schedule regular follow-up visits. Your doctor will recommend a follow-up schedule that's right for you.

Your care team:

Doctor:	_____	Phone	_____
Nurse:	_____	Phone	_____
Pharmacist:	_____	Phone	_____
AMS:	_____	Phone	_____
Other:	_____	Phone	_____