






Pregnancy & Postpartum Clotting Discussion Guide

QUESTIONS TO ASK. SYMPTOMS TO KNOW. CONVERSATIONS THAT MATTER.



Pregnancy and childbirth involve many changes. Some of these changes may increase the risk for blood clots, particularly in the weeks after delivery.

This checklist is designed to support awareness, help you recognize symptoms, and guide conversations with your healthcare provider.

				
<p>BEFORE OR EARLY IN PREGNANCY <i>Start the conversation early.</i></p>	<p>DURING PREGNANCY <i>Stay aware as your body changes.</i></p>	<p>IF YOU HAVE LIMITED MOBILITY OR BED REST <i>Know what reduced movement may mean for circulation.</i></p>	<p>PLANNING FOR DELIVERY <i>Understand how delivery may affect your care.</i></p>	<p>AFTER DELIVERY (POSTPARTUM PERIOD) <i>Continue paying attention to your health.</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Ask if you have any personal risk factors for blood clots <input type="checkbox"/> Share your medical and family history <input type="checkbox"/> Discuss any prior pregnancy complications <input type="checkbox"/> Review medications with your provider <input type="checkbox"/> Ask how pregnancy may affect your clotting risk 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask about clotting risk at routine visits <input type="checkbox"/> Stay as active as your provider recommends <input type="checkbox"/> Take breaks to move during long periods of sitting or travel <input type="checkbox"/> Stay hydrated <input type="checkbox"/> Ask what to expect if your activity level changes 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask how reduced movement may affect circulation <input type="checkbox"/> Ask what safe movement or positioning is appropriate <input type="checkbox"/> Discuss symptoms to watch for <input type="checkbox"/> Ask if any additional precautions are recommended 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask how your delivery plan may influence clotting risk <input type="checkbox"/> If cesarean delivery is planned or possible, ask what to expect during recovery <input type="checkbox"/> Ask what steps may support circulation after delivery <input type="checkbox"/> Ask about movement and monitoring during your hospital stay 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask how long clotting risk may remain elevated <input type="checkbox"/> Understand your recovery plan <input type="checkbox"/> Begin gentle movement as recommended by your provider <input type="checkbox"/> Stay hydrated <input type="checkbox"/> Pay attention to how you are feeling <input type="checkbox"/> Do not ignore new or unusual symptoms

Information supports awareness. Awareness supports better care.



KNOW THE SYMPTOMS

Be prepared to act if something feels wrong.

Possible signs of a blood clot in the arm or leg:

- Swelling in one leg or arm
- Pain or tenderness not caused by injury
- Warmth in the affected area
- Redness or discoloration

Possible signs of a blood clot in the lung:

- Sudden shortness of breath
- Chest pain, especially with deep breathing
- Rapid heartbeat
- Coughing, sometimes with blood
- Dizziness or fainting



Seek immediate medical care if you experience any of these symptoms.



QUESTIONS TO ASK YOUR PROVIDER

Bring these to your appointments.

- Do I have any risk factors for blood clots?
- Does my delivery plan affect my risk?
- What symptoms should I watch for during pregnancy and after delivery?
- When should I seek emergency care?
- Do I need follow-up after delivery related to clotting risk?

