

YOUR BABY IS ONE IN A MILLION

Don't let yourself become

ONE IN A THOUSAND¹

Approximately one woman in every thousand develops a potentially deadly blood clot during pregnancy.¹ Talk to a member of your healthcare team about your personal risk so that they can help protect you.

Name:

Date:

RISK FACTORS

Pregnant or had a baby within the last month^{1,2}

Age 35 or older¹

Overweight^{1,2}

Elevated blood pressure¹

Preeclampsia^{1,2}

History of smoking^{1,2}

Varicose veins¹

Are African American¹

IMPORTANT RISK FACTORS

Have a major surgery planned—such as Cesarean delivery³

Currently on bed rest or severely restricted mobility³

MORE IMPORTANT RISK FACTORS

Personal history of blood clots or clotting disorders³

Family history of blood clots or clotting disorders³

COULD I BE AT RISK FOR A BLOOD CLOT?*

Complete this form:

1. Check all statements that apply.
2. Share your completed form with your personal physician. Only a member of your healthcare team can decide if you present risk for blood clots and can advise you of the recommended next steps.

I HAVE RISK FACTORS. WHAT SHOULD I DO?

The good news is that blood clots can be prevented. If you answered YES to any of these risk factors, it's important to talk to a member of your healthcare team about your personal risk and appropriate preventive measures during and following delivery.

* This is a partial list of risk factors. Ask your doctor about other risk factors or conditions that may predispose you to blood clots throughout your pregnancy and postpartum.

References:

1. James AH, Jamison MG, Brancazio LR, Myers ER. Venous thromboembolism during pregnancy and the postpartum period: incidence, risk factors, and mortality. *Am J Obstet Gynecol.* 2006;194:1311–5.
2. Bates SM, Greer IA, Middeldorp S, et al; VTE, thrombophilia, antithrombotic therapy, and pregnancy: Antithrombotic Therapy and Prevention of Thrombosis, 9th ed: American College of Chest Physicians Evidence-Based Clinical Practice Guidelines. *Chest.* 2012; Feb; 141 (2 Suppl): e691S–736S.
3. Caprini JA, Arcelus JJ et al: Clinical assessment of venous thromboembolism risk in surgical patients. *Semin Thromb Hemost* 1991;17(suppl 3):304–312.

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