



Who is at risk of a blood clot around the time of pregnancy?

HIGH RISK

- you have thrombophilia a condition in which your blood can form clots very easily
- you had a blood clot before and doctors didn't know why ("unprovoked")
- you had a blood clot before because you had high levels of hormones in your blood (such as when you were pregnant before or while taking some types of birth control pills)
- · you have a mix of other risks, such as:
 - > someone else in your family had blood clots
 - you were obese before getting pregnant
 - you smoked a lot before getting pregnant
 - you have preeclampsia
 - you had an emergency C-section
 - you had a lot of bleeding or an infection after you delivered your baby
 - your baby had a very low birth weight

LOW RISK

- · healthy and have not had a blood clot before
- you had a blood clot before and it was because you:
 - were in the hospital
 - had a bad or traumatic injury
 - had surgery
 - were in bed for a long time
 - > had cancer
 - you have low risk thrombophilia



baby, may
have the same benefits
• be happier at home
have a lower chance of catching an infection than if they stayed in hospital

Women who stay at home while pregnant or go home early after delivering their

While breastfeeding

Taking blood thinners while breastfeeding is a concern because some drugs can go into your breast milk and go to your baby.

Your health care provider will treat you with either

- Heparin low molecular weight heparin or unfractionated heparin
- fondaparinux
- vitamin K antagonists (VKA) warfarin, Coumadin, acenocoumarol (Nicoumalone)
- danaparoid (Orgaran)

Your health care provider will not treat you with

• direct oral anticoagulants (DOACs) - apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Lixiana or Savaysa), or rivaroxaban (Xarelto).

Speak with your health care provider

To understand more about what will happen during your pregnancy, you can ask:

