



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis (DVT) is a blood clot that has formed in a large blood vessel. It may completely or partially block the blood flow in that vein.

There are several risk factors for DVT. These include:

- hereditary (genetic) factors
- certain illnesses
- cancer
- diabetes
- smoking
- inactivity
- obesity
- estrogen containing birth control
- central line catheters
- congenital heart disease

Signs and symptoms

Early signs of blood clot in an arm or leg include these:

- pain
- swelling
- feels warm
- red, pale or bluish skin color

Diagnosis and treatment

A DVT will be diagnosed by a physical examination, medical history and a Doppler sonogram (ultrasound).

In most cases a DVT will be treated with an anticoagulation medicine (blood thinner) such as Heparin, Lovenox or Warfarin

Your child will follow up with a Hematologist (doctor who specializes in blood health).

Precautions for children on anticoagulation therapy

- Your child should not play contact sports while on blood-thinning medicine.
- Your child will need to avoid aspirin products and nonsteroidal anti-inflammatory medicines such as Ibuprofen (Motrin, Advil) and Naproxen (Aleve).