



Non-Deep Vein Thrombosis (DVT)

Your recent test(s) show that you do not appear to have a blood clot (deep vein thrombosis – DVT) at present. The following advice explains what to look out for and who to contact if you continue to experience symptoms.

Important advice

- You should return to see your GP for a follow-up appointment within one to two weeks of being discharged from the Venous Thrombosis Clinic.
- We have been able to rule out a blood clot in your leg but you may require further medical treatment and/or a referral to another doctor which your GP can arrange.
- It is important that you keep moving as much as you are able (within pain limits).
- If you need pain relief, we suggest that you take a simple painkiller like Paracetamol, following the dosage recommendations on the packet.
- When you return to your GP, let them know if you still need pain relief.
- If your leg becomes increasingly red, swollen, hot or tender, you should arrange to see your GP as soon as possible, so he/she can re-assess you.
- **If you become breathless, experience chest pain and/or cough up blood, you should contact your GP immediately, telephone NHS 111 or go to the nearest Emergency Department (A&E).**

Contacting us

For telephone advice, contact the Venous Thrombosis Clinic, Monday to Friday (excluding bank holidays) 8.30am-3.30pm on 0118 322 7461 or email rbft.aecu@nhs.net.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Venous Thrombosis Clinic: November 2023

Next review due: November 2025