



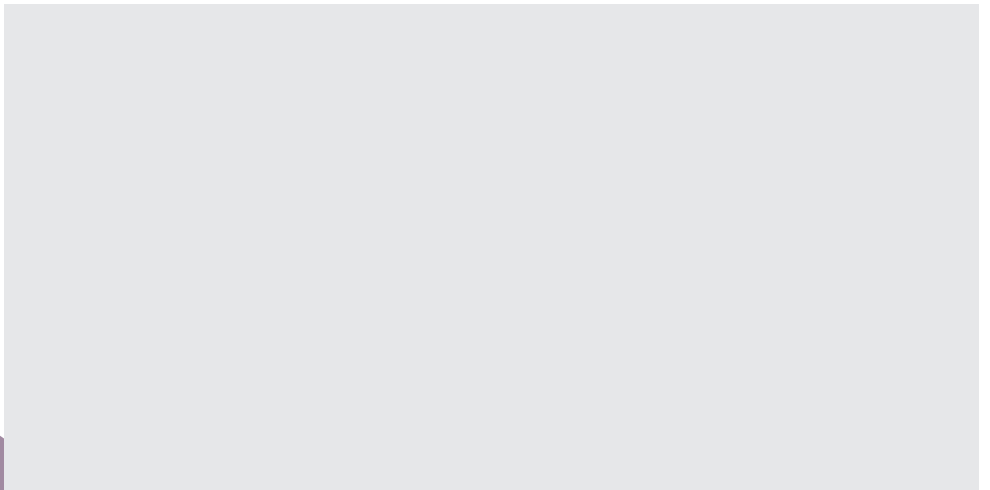
Who is at risk of a blood clot around the time of pregnancy?

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



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

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



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:



