



Pregnancy and blood clots

This leaflet is to be given to all women who are confirmed pregnant and used by women in early pregnancy.

Thankfully serious illness is rare in pregnancy, but one of the most important causes of illness, and sadly the most common cause of death related to pregnancy, is blood clots. This leaflet is to help you identify if you should have blood thinners to prevent a clot.

Even if you do not plan to continue your pregnancy, you could still be at a higher risk of a blood clot. You should discuss this with your GP or other healthcare provider.

Please read the below questions.

Previous blood clots?

Have you ever had a deep vein thrombosis (DVT) or a pulmonary embolism (PE) confirmed by a scan?

Severe nausea and vomiting?

It is normal to have some nausea and vomiting in early pregnancy. Do you have nausea or vomiting severe enough that;

- you cannot drink without vomiting? or
- you struggle to stand up or walk due to nausea?

Body Mass Index (BMI)



Is your BMI over 50?

Follow the QR code to check your BMI.

If you are taller than 5 feet (1 m 52 cm) AND lighter than 100 kg (15 stone) your BMI will be less than 50.

Are you currently taking one of these anticoagulants?

- Apixaban
- Rivaroxaban
- Dabigatran
- Edoxaban
- Warfarin

These medications are generally not suitable to continue throughout pregnancy.

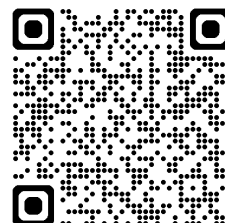
Have you been diagnosed with antithrombin deficiency?

This is a disorder that makes abnormal blood clots more likely.

If you answered **yes to any of the questions, you should have medication to reduce the risk of a blood clot.**

Your GP can prescribe you a 2 week course of the medication that you need and it is important you start this medication within 72 hours.

If you plan to continue your pregnancy, make a booking appointment to see a midwife and complete your pre-booking questionnaire via the Maternity section of the Royal Berkshire website or this QR code. Select **Book your Pregnancy Care**.



Information for healthcare providers

This risk-assessment questionnaire has been produced by Thrombosis UK in consultation with NHS England. NHS England recommends that NHS services use this questionnaire as part of the 2026 Maternal Care Bundle.

Prescribing advice for the Reading area is available on the Berkshire West formulary under enoxaparin where there is a link to the [Berkshire West Primary Care Guideline for Prescribing Enoxaparin in Adults](#).

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

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

RBFT Haematology Consultant, September 2026

Next review due: September 2028

Our Maternity Strategy and Vision

'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'

You can read our maternity strategy here

