

# HOW TO RECOGNISE THE SIGNS AND SYMPTOMS OF A DVT OR PE



Deep vein thrombosis (DVT) and pulmonary embolism (PE) are conditions caused when a blood clot blocks a key blood vessel.<sup>1-5</sup> Sometimes you may hear DVT or PE referred to as venous thromboembolism (VTE).

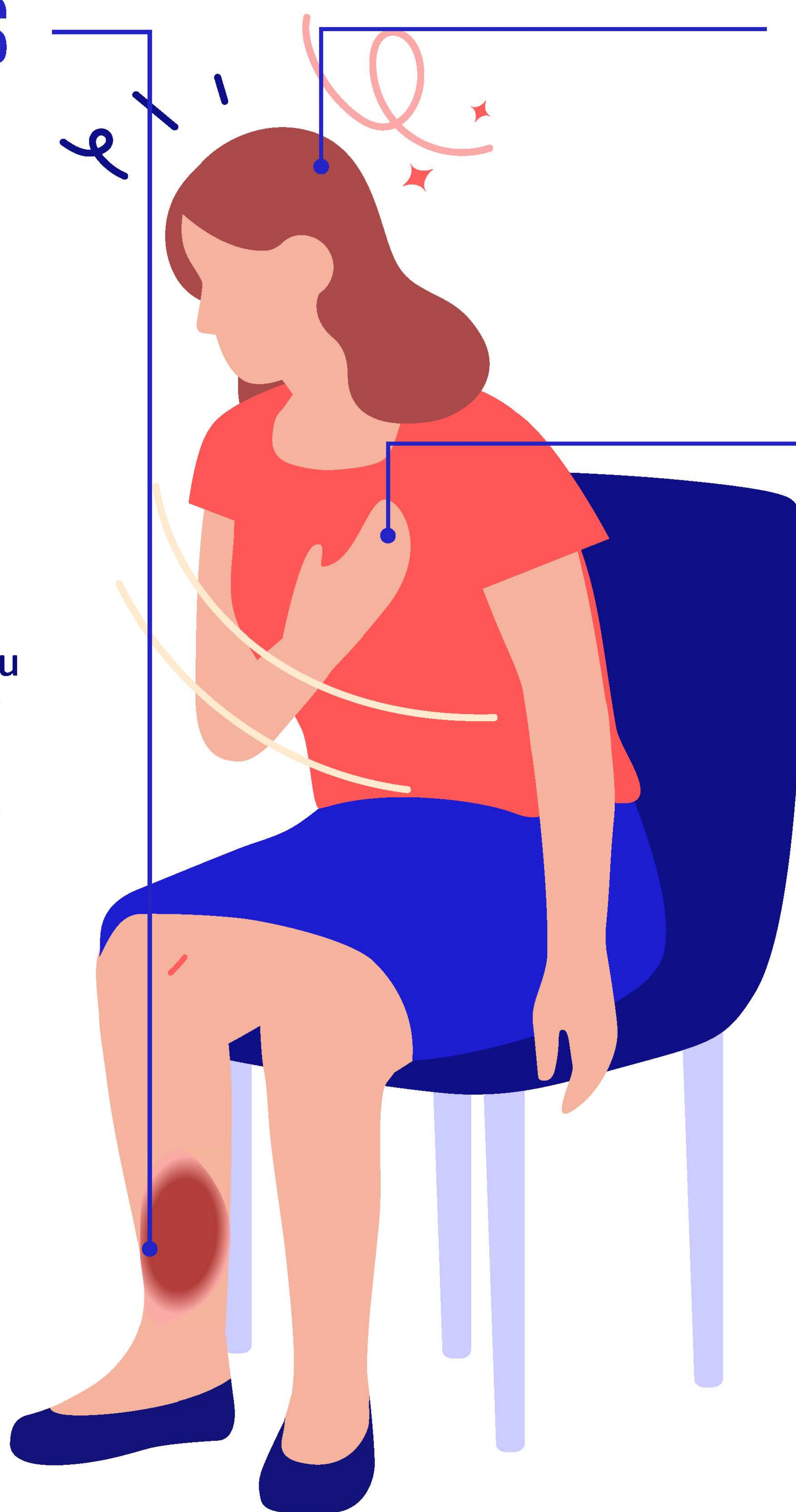
The blood clot causing a DVT may form in one of the deep veins of the body - usually in the calf or thigh of one leg. It may then become bigger, potentially breaking away. If it breaks away, it can travel through the bloodstream to the lungs, causing a PE.<sup>1-4</sup>

## SIGNS AND SYMPTOMS OF A DVT:<sup>1-3</sup>

- Cramp-like pain or soreness, often in the calf
- Swelling, usually affecting only one leg
- Red or discoloured skin that may feel warm to touch

If you think that you or someone else may have a DVT or PE, or you notice any or all of these signs or symptoms, you should consult a doctor to obtain a diagnosis and, if necessary, treatment.<sup>1-3</sup>

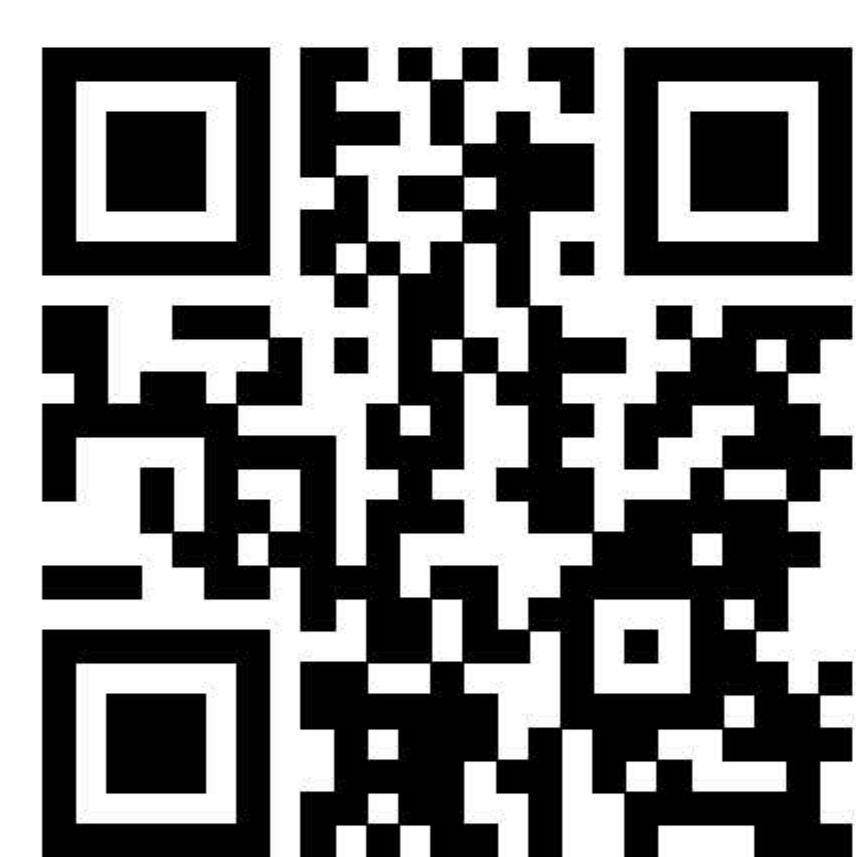
Remember, you might not experience any of these signs or symptoms and still have a DVT or PE.



## SIGNS AND SYMPTOMS OF A PE:<sup>1,3-5</sup>

- Chest pain or discomfort that gets worse if you cough or take a deep breath
- Sudden shortness of breath
- Coughing up blood
- Rapid heartbeat
- Light-headedness, dizziness or fainting
- Fever, sweating and / or clammy skin
- A PE is usually a complication of a DVT, so you may have symptoms of a DVT too

If you are having chest pain or breathing difficulties, please visit your doctor immediately as it may be a medical emergency<sup>2,4,5</sup>



Learn more about  
Venous Thromboembolism at  
[www.LivingwithVTE.com.hk](http://www.LivingwithVTE.com.hk)

## DON'T DELAY – ASK YOUR DOCTOR ABOUT DVT OR PE

**References:** 1. Mayo Clinic. Deep vein thrombosis (DVT). Available at: <https://www.mayoclinic.org/diseases-conditions/deep-vein-thrombosis/symptoms-causes/syc-20352557?p=1>. Last accessed September 2021. 2. NHS. DVT (deep vein thrombosis). October 2019. Available at: <https://www.nhs.uk/conditions/deep-vein-thrombosis-dvt/>. Last accessed September 2021. 3. Cleveland Clinic. Deep vein thrombosis (DVT). July 2019. Available at: <https://my.clevelandclinic.org/health/diseases/16911-deep-vein-thrombosis-dvt>. Last accessed September 2021. 4. Mayo Clinic. Pulmonary embolism. Available at: <https://www.mayoclinic.org/diseases-conditions/pulmonary-embolism/symptoms-causes/syc-20354647?p=1>. Last accessed September 2021. 5. NHS. Pulmonary embolism. April 2020. Available at: <https://www.nhs.uk/conditions/pulmonary-embolism>. Last accessed September 2021.