

Suspected DVT Patient Leaflet – NHS Sussex

Your GP/Health Care Professional (HCP) has referred you for an urgent Ultrasound assessment on your leg. This is because they are concerned that you could have a Deep Vein thrombosis (blood clot) in your leg.

It is very important that you attend this appointment.

A Deep Vein Thrombosis (DVT) is when a blood clot forms in a deep vein, usually in the leg.

Ultrasound will contact you with a scan date, time and location.

Please ensure that you are contactable on the number you have given your GP/HCP and please be aware that this number may come up as a number withheld. If this is not going to work for you or you need a family member or carer to take this call on your behalf, then please discuss with your GP/HCP.

If you do not hear from the hospital within 48 hours, then please contact your GP surgery.

Your scan should be within 48 hours (if you have seen your GP on a Friday then this would likely be a Monday scan slot).

If you have not already had your blood test taken at your GP practice, please ensure that you arrange to have your blood test taken at the hospital during your visit for the Ultrasound test. Your GP/HCP will have given you a blood request form which you will need to hand in for the blood test. If unsure where to go, please ask at the Ultrasound department and they can signpost you for your blood test.

Pre-bookable blood test appointments are available at Southlands Hospital, Worthing Hospital and St Richard's Hospital. Please note the service no longer provides a walk-in facility.

To book a blood test please visit <https://www.westernsussexhospitals.nhs.uk/services/blood-tests/>

Alternatively, you can telephone 01903 285149 and a member of their team will be able to book your blood test for you.

Your GP practice should also have given you a follow up appointment in about 6-8 days. If this has not been arranged, then please contact your surgery to arrange this appointment.

1. Ultrasound

Please report to the X-ray / radiology department and they will direct you to the Ultrasound scanning department.

The scan involves a small hand-held device being pressed firmly against the skin on the affected leg. The test takes approximately 15 to 30 minutes to perform.

- At the end of this scan, if there is no clot detected, you will be able to leave, and the results will be sent to your GP.
- **You will have been given 7 days of an anticoagulant ('blood-thinning') medication by your GP/HCP. You should continue to take this medication even if your scan does not show a clot - do not stop until you have had your GP follow up discussion. At this appointment your GP will check the blood test and the scan results and review your diagnosis and management plan.**
- Should a clot be seen on the scan you will be referred at the time of the scan to the 'Same day Emergency Team' and will be seen by one of the hospital team to discuss the result and decide on further management.
You should cancel your pre-arranged GP follow up appointment if this happens, as it will no longer be needed.

2. Blood tests

The blood test result is helpful even if the scan does not see a clot. When you see your GP at the follow-up appointment, your GP will re-examine you and discuss repeating the ultrasound scan 6-8 days after the initial scan if there is no other obvious cause for your leg swelling.

3. If your scan is negative

If you have been told your scan is negative it is essential that you attend your practice for your follow up appointment. You should already have been given a follow up appointment at your GP practice to discuss the scan. If this has not been arranged, then please contact your surgery to make this appointment.

If you have any queries about any of this information you should contact your GP Practice or 111.

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