



Pregnancy
Sickness
Support



Thrombosis UK



Pregnancy is associated with an increased risk of developing blood clots (venous thromboembolism (VTE) which can be very dangerous. All pregnant women in the UK should undergo a risk assessment for developing clots once they become pregnant to determine their individual risk and need for blood thinning injections (low molecular weight heparin (LMWH) to reduce their risk.

Severe nausea and vomiting of pregnancy (NVP) or Hyperemesis Gravidarum (HG) increases the risk of developing clots further as women may be dehydrated and immobile.



Sadly of the women who died from VTE in the first trimester of pregnancy in the UK in the last confidential enquiry (2020-2022) into maternal deaths 1/3 were suffering with HG.

If you experience leg swelling, pain, or tenderness, or chest pain and shortness of breath, seek urgent medical attention – these could be signs of a blood clot.

- All women with NVP/HG should be risk assessed by a healthcare professional to see if preventative treatment (LMWH) is needed.
- Everyone admitted to hospital for NVP/HG should receive LMWH, even without other risk factors.
- If you're unsure whether you've been risk assessed or have concerning symptoms, speak to your healthcare provider.

For more information please contact support@pregnancysicknesssupport.org.uk