



# Checklist for blood clot risks

Determine your risk when pregnant or in the 3 months just after delivery

Check the box next to any risks that might apply to you and share this information with your doctor or healthcare provider.

## Blood clot risks associated with pregnancy

- Prolonged immobility due to bed rest during pregnancy or recovery after delivery
- Delivery of a baby by C-section
- A previous blood clot, a family history of blood clots, or a genetic blood clotting disorder
- Pregnancy at age 35 or older
- Certain pregnancy conditions and complications, such as pregnancy with multiple babies or the use of fertility treatments involving hormones

## Other risks for blood clots

- Smoking
- Overweight or obesity
- Sitting too long, such as traveling for more than four hours, especially with legs crossed
- Long-term diseases, such as heart and lung conditions, or diabetes

If any of these risks apply to you, speak with your healthcare provider.  
**To learn more about blood clots, visit: [www.stoptheclot.org/spreadtheword](http://www.stoptheclot.org/spreadtheword).**