Postnatal assessment and management of VTE prophylaxis

Postnatal VTE assessment and management
- Evidence correlating risk factors and the occurrence of VTE is limited
- Assess each woman individually for VTE risk. The flowchart does not replace clinical judgement
- Assess risk at birth and if there is a change in clinical circumstances
- Assess the risks associated with VTE prophylaxis (guideline section 1.4)
- Discuss options for VTE prophylaxis with the woman
- Document a plan of care
- Liaise with a team experienced in prophylactic assessment/management as required
- Refer to the full text of the guideline for detailed prophylaxis assessment and management

High Risk Factors
- Antenatal LMWH prophylaxis (refer to antenatal VTE prophylaxis flow chart)
- Any previous personal history of VTE (not current pregnancy)

Known Risk Factors

Socio-demographic
- Age ≥ 35 years
- BMI ≥ 30 kg/m²
- Cigarette smoker (>10/day)

Medical history
- Asymptomatic thrombophilia (inherited or acquired)
- Family history VTE + weak thrombophilia
- Systemic lupus erythematosus
- Cardiac or lung disease
- Sickle cell disease
- Gross varicose veins
- Inflammatory conditions
- Nephrotic syndrome
- Cancer
- Pre-existing diabetes
- Antiphospholipid antibodies

Birth
- Emergency CS in labour
- Elective CS
- Prolonged labour (> 24 hrs)
- Operative vaginal birth
- Stillbirth
- Preterm birth
- Postpartum haemorrhage (> 1 L)

Postpartum
- Immobility (long distance travel, prolonged bed rest)
- Preeclampsia/eclampsia
- Gestational diabetes
- Infection
- Any surgical procedure

High Risk
- GCS
- LMWH prophylaxis for 6 weeks
- Consider IPC if hospitalised

Moderate Risk
- Discuss GCS
- LMWH prophylaxis for 5 days
- Consider IPC if hospitalised

Lower Risk
- Discuss GCS
- Consider LMWH prophylaxis until discharge or fully mobile

All Risk
- Clinical surveillance
- Early mobilisation
- Avoid dehydration

Abbreviations: CS: Caesarean section GCS: Graduated compression stockings HIT: Heparin induced thrombocytopenia IPC: Intermittent pneumatic compression LMWH: Low molecular weight heparin ≥: Greater than or equal to >: Greater than

# Determine dose (standard, intermediate or therapeutic) based on individual assessment

Refer to full guideline - Section 5: Specific patient groups and Appendix A: Drug information.