

# VTE assessment for pregnant and postpartum women

**Assess women on an individual basis.**  
**Liaise with a team experienced in prophylactic assessment and management as required**

- Early in pregnancy assess:**
- Personal/family history of VTE
  - Presence of thrombophilia
  - Known risk factors
  - Medical comorbidities
  - Contraindications to prophylaxis
  - Signs/symptoms of VTE

**Perform VTE risk assessment**

- Advise women of:**
- Increased risk of VTE in pregnancy and puerperium
  - Signs/symptoms of VTE
  - Importance of mobilising and avoiding dehydration
  - Options and risks/benefits of prophylaxis
- As indicated by assessment**
- Liaise with expert
  - Offer/recommend prophylaxis
    - GCS
    - IPC or SCD
    - LMWH
  - Discuss
    - Side effects of prophylaxis
    - Implications for birth
    - Ongoing risk of VTE

**Develop VTE prevention plan**

- Repeat assessment if:**
- Antenatal hospital admission
  - Pregnancy complications
  - Prolonged immobility
  - Other change in risk status
- If prophylaxis indicated**
- Plan intrapartum care (consider planned birth if indicated)
  - Consider anaesthetic referral from 32 weeks
  - Precautions for neuraxial blockade
- Postnatal risk**
- Assess intrapartum or within 6 hours of birth
  - Review VTE prevention plan and adjust as required

**Monitor and reassess risk**

- Advise women of:**
- Increased risk of VTE postpartum
  - Signs/symptoms of VTE and seeking help
  - Importance of correct use, application and duration of prophylaxis
  - Implications for future pregnancy
- Pharmacological prophylaxis**
- Provide prescription for entire postnatal course
- Refer as required**
- For ongoing management
  - GP follow-up

**Prepare for discharge/ ongoing care**

**Signs and symptoms VTE**

**PE:** dyspnoea, palpitations/tachycardia, chest pain, haemoptysis, tachypnoea, hypotension, collapse

**DVT:** unilateral leg pain, swelling in extremity, increase in calf circumference (more than 2 cm), increased temperature, prominent superficial veins, pitting odema

**DVT:** deep vein thrombosis, **GCS:** graduated compression stockings, **GP:** general practitioner, **IPC:** intermittent pneumatic compressions, **LMWH:** low molecular weight heparin, **PE:** pulmonary embolism, **SCD:** sequential compression device, **VTE:** venous thromboembolism,

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