Antenatal and postnatal thromboprophylaxis according to risk

**High risk**
- Family history (1st degree relative) of unprovoked or estrogen provoked VTE
- Single VTE provoked by surgery
- Age > 35 years
- Parity ≥ 3
- Smoking (any amount)
- Gross varicose veins
- Current BMI 30−39 kg/m²
- Current BMI ≥ 40 kg/m²
- IVF/ART
- Multiple pregnancy
- Pre-eclampsia in current pregnancy
- Immobility
- Current systemic infection
- Pre-existing diabetes
- Caesarean section in labour
- Elective caesarean section
- Prolonged labour > 24 hours
- Operative vaginal birth
- Preterm birth (< 37+0 weeks)
- PPH > 1 L or transfusion
- Stillbirth in current pregnancy
- Caesarean hysterectomy

**Postnatal risk score**

- Mobilise early, avoid dehydration
- LMWH standard prophylaxis
  - Until discharge
  - 7 days (or longer if ongoing risk)

**Antenatal risk score**

- Mobilise, avoid dehydration
- LMWH standard prophylaxis
  - From 28 weeks
  - From time of assessment
- LMWH Standard prophylaxis
  - While in hospital or until resolves

**SELECT ALL THAT APPLY**

1. Family history (1st degree relative) of unprovoked or estrogen provoked VTE
2. Single VTE provoked by surgery
3. Age > 35 years
4. Parity ≥ 3
5. Smoking (any amount)
6. Gross varicose veins
7. Current BMI 30−39 kg/m²
8. Current BMI ≥ 40 kg/m²
9. IVF/ART
10. Multiple pregnancy
11. Pre-eclampsia in current pregnancy
12. Immobility
13. Current systemic infection
14. Pre-existing diabetes
15. Caesarean section in labour
16. Elective caesarean section
17. Prolonged labour > 24 hours
18. Operative vaginal birth
19. Preterm birth (< 37+0 weeks)
20. PPH > 1 L or transfusion
21. Stillbirth in current pregnancy
22. Caesarean hysterectomy

**Sum all risk scores**

- ≥ 4
- ≥ 3
- ≥ 2
- ≥ 1

**Therapeutic anticoagulation**
- Continue/commence antenatal
- Continue 6 weeks postpartum

**LMWH standard prophylaxis**
- From first trimester
- Continue 6 weeks postpartum

**Refer to Flowchart:**
- VTE prophylaxis if thrombophilia

**Any one of**
- Antenatal hospital admission
- Ovarian hyperstimulation syndrome (first trimester only)
- Any surgery (pregnancy or postpartum)
- Severe hyperemesis or dehydration requiring IV fluid

**Low risk thrombophilia**
- Heterozygous FVL, heterozygous prothrombin mutation, antiphospholipid antibodies

**APS:** antiphospholipid syndrome, **ART:** artificial reproductive technology, **BMI:** body mass index, **FVL:** factor V Leiden, **GCS:** graduated compression stockings, **IPF:** intermittent pneumatic compressions, **IVF:** in-vitro fertilisation, **LMWH:** low molecular weight heparin, **PE:** pulmonary embolism, **PPH:** Primary postpartum haemorrhage, **SCD:** sequential compression device, **SLE:** systemic lupus erythematosus, **TEDS:** thromboembolic deterrent stockings, **VTE:** venous thromboembolism, >: greater than, ≥: greater than or equal to, >: greater than.