

## Blood Clot Evaluation and Treatment Protocol

- Regardless of what anticoagulation protocol is used, if patients call us with signs suspicious for DVT (calf swelling that does not go down with elevation of the leg overnight, calf pain) recommend evaluation in ER with Doppler. Explain that if it is positive, we will increase their dose of Xarelto to 15mg twice daily for 2 weeks, followed by 20mg daily for a total of 6 months. They should schedule an urgent visit with their PMD to take over long-term anticoagulation.
- Regardless of what anticoagulation protocol is used, if patients call us with signs suspicious for PE (shortness of breath or chest pain), recommend immediate evaluation in ER with a spiral CT. This may be life threatening. Explain that if it is positive a medical doctor will need to admit them and anticoagulate them for 6 months.
- If the DVT is a thigh or pelvic clot, or if a PE is found, anticoagulation for 6-12 months is usually required.
- If the DVT is only a calf clot, I would recommend one month of anticoagulation and repeat Doppler. If there is no progression, anticoagulation can be stopped. These types of clots are low risk for developing a PE. If their medical doctor recommends differently, defer to him/her.
- If the Thrombosis is a SUPERFICIAL thrombosis (not deep), local treatment with hot compresses and pain medication is all that is required.