

17. APPENDIX 4: Table 1: Risk factors for VTE

Pre-existing	Previous VTE	
	Thrombophilia	<i>Heritable</i> Antithrombin deficiency Protein C deficiency Protein S deficiency Factor V Leiden Prothrombin gene mutation
		<i>Acquired</i> Antiphospholipid antibodies Persistent lupus anticoagulant and/or persistent moderate/high titre anticardiolipin antibodies and/or β_2 -glycoprotein 1 antibodies
	Medical comorbidities e.g. cancer; heart failure; active SLE, inflammatory polyarthropathy or IBD; nephrotic syndrome; type I diabetes mellitus with nephropathy; sickle cell disease; ⁴⁹ current intravenous drug user	
	Age > 35 years	
	Obesity (BMI \geq 30 kg/m ²) either prepregnancy or in early pregnancy	
	Parity \geq 3 (a woman becomes para 3 after her third delivery)	
	Smoking	
	Gross varicose veins (symptomatic or above knee or with associated phlebitis, oedema/skin changes)	
	Paraplegia	
Obstetric risk factors	Multiple pregnancy Current pre-eclampsia	
	Caesarean section Prolonged labour (> 24 hours) Mid-cavity or rotational operative delivery Stillbirth Preterm birth Postpartum haemorrhage (> 1 litre/requiring transfusion)	
New onset/transient <i>These risk factors are potentially reversible and may develop at later stages in gestation than the initial risk assessment or may resolve and therefore what is important is an ongoing individual risk assessment</i>	Any surgical procedure in pregnancy or puerperium except immediate repair of the perineum, e.g. appendicectomy, postpartum sterilisation Bone fracture	
	Hyperemesis, dehydration	
	Ovarian hyperstimulation syndrome (first trimester only)	Assisted reproductive technology (ART), in vitro fertilisation (IVF)
	Admission or immobility (\geq 3 days' bed rest)	e.g. pelvic girdle pain restricting mobility
	Current systemic infection (requiring intravenous antibiotics or admission to hospital)	e.g. pneumonia, pyelonephritis, postpartum wound infection
	Long-distance travel (> 4 hours)	