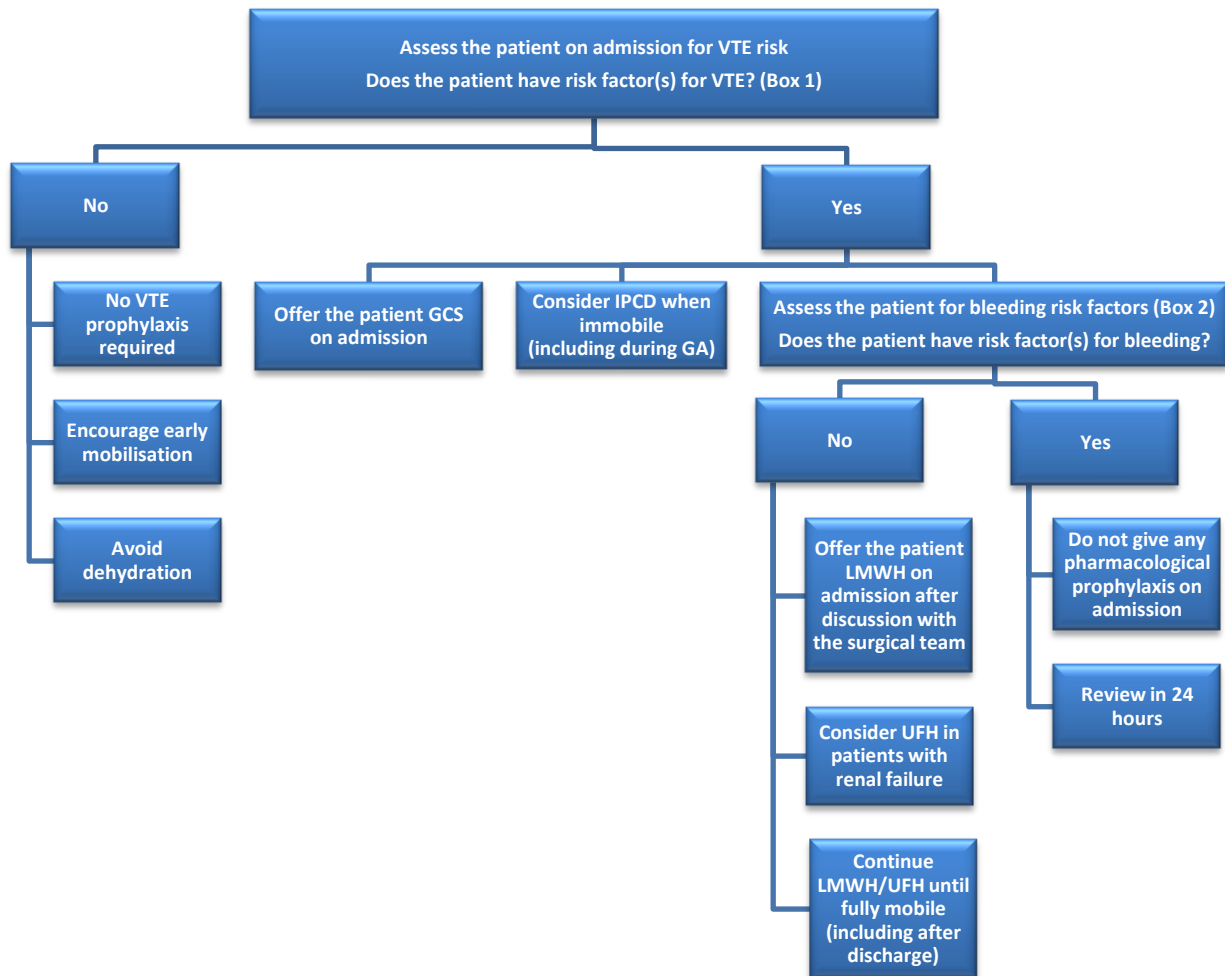


Venous Thromboembolism (VTE) Prophylaxis

ENT Guideline 2010



- GA: General Anaesthesia
GCS: Graduated Compression Stocking
IPCD: Intermittent Pneumatic Compression Device
LMWH: Low Molecular Weight Heparin (eg Enoxaparin, Tinzaparin)
UFH: Unfractionated Heparin
VTE: Venous Thromboembolism

Box 1

Risk factors for VTE

- If mobility significantly reduced for ≥ 3 days
- If total “anaesthetic + surgical time” > 90 minutes
- Active cancer or cancer treatment
- Age over 60 years
- Critical care admission
- Dehydration
- Known thrombophilia
- Obesity (body mass index [BMI] over 30 kg/m^2)
- One or more significant medical comorbidities (for example: heart disease; metabolic, endocrine or respiratory pathologies; acute infectious diseases; inflammatory conditions)
- Personal history or first-degree relative with a history of VTE
- Use of hormone replacement therapy
- Use of oestrogen-containing contraceptive therapy
- Varicose veins with phlebitis

Box 2

Risk factors for bleeding

- Active bleeding
- Acquired bleeding disorders (such as acute liver failure)
- Concurrent use of anticoagulants known to increase the risk of bleeding (such as warfarin with international normalised ratio [INR] higher than 2)
- Lumbar puncture/epidural/spinal anaesthesia expected within the next 12 hours
- Lumbar puncture/epidural/spinal anaesthesia within the previous 4 hours
- Acute stroke
- Thrombocytopenia (platelets less than $75 \times 10^9/\text{l}$)
- Uncontrolled systolic hypertension (230/120 mmHg or higher)
- Untreated inherited bleeding disorders (such as haemophilia and von Willebrand’s disease)