

Factor V Leiden in Pregnancy

What is it?

Factor V Leiden is a gene mutation. It can increase your chance of developing an abnormal blood clot.

Normally, blood clots form to stop bleeding from a cut. But, factor V Leiden can cause clots to form when they aren't needed. Abnormal blood clots can be serious or life-threatening. They can develop in your deep veins or close to your skin. They can also travel to your lungs.

A blood clot may be the first sign that you have factor V Leiden, but many people never develop signs or symptoms. Most women have normal pregnancies, but some women do develop complications.

If you're pregnant with factor V Leiden, talk to your GP about how to avoid serious complications.

What will my GP do now?

Your GP will:

- Help you learn how to reduce your risk of getting a blood clot
- Refer you for a high-risk pregnancy assessment
- Talk to you about the signs and symptoms of dangerous clots
- Talk to you about family history
- Consider medications – blood-thinning medications can be given after your baby is born or may be given during pregnancy

What will my GP do in the future?

If you're seeing a specialist or midwife, your GP will keep in touch with your other health care providers and assist with your general pregnancy care. You can continue to see your GP if you have any questions about your pregnancy care or health in general.

What can I do?

Most women with factor V Leiden have normal pregnancies. But it's important to be aware that you do have a higher risk of blood clots.

You will need to see your pregnancy care provider regularly. Avoid any situations that might increase your risk of a blood clot, such as long car or plane trips, sitting or lying down for long periods of time. If you need to sit for more than two hours, get up and walk around. Stretch your legs and ask your GP about compression stockings.

Also, keep track of your symptoms – even those that might not be related to blood clotting. Talk to your GP or pregnancy care provider about your symptoms and any other concerns you have.

When should I call an ambulance?



Phone Triple 0 (000) urgently if you experience severe chest pain, discomfort or shortness of breath, or if you have signs or symptoms of deep vein thrombosis, such as leg pain and swelling.



What questions could I ask my doctor?

- What tests do I need?*
- Do I need to see a specialist?*
- Does my factor V Leiden need to be treated?*
- Do I need medication to prevent blood clots?*
- Do I need to limit my activity in any way?*
- Will my baby need to be tested?*
- What risks should I be aware of?*
- Where can I learn more about factor V Leiden?*



What supports are available?

South Western Sydney Local Health District Antenatal Clinics

- **Bankstown Hospital Antenatal Clinic:** Phone **9722 8333**
- **Fairfield Hospital Antenatal Clinic:** Phone **9616 8506**
- **Bowral and District Hospital Antenatal Clinic:** Phone **4861 0224**
- **Liverpool Hospital Antenatal Clinic:** Phone **8738 4197**
- **Campbelltown and Camden Hospital Antenatal Clinic:** Phone **4634 4963**

Early Pregnancy Assessment Service (EPAS)

The service offers support for women who are less than 20 weeks pregnant and are experiencing lower abdominal pain or bleeding.

- **Bankstown Hospital EPAS:** Bankstown Hospital, Outpatients Department Level 2. Phone **9722 8333**
- **Liverpool Hospital EPAS:** Level 1, Caroline Chisolm Building, Liverpool Hospital. Phone **8738 5632**
- **Campbelltown Hospital EPAS:** Reception C, Outpatients (Building F), Campbelltown Hospital. Phone **4364 4963**

Where can I learn more?

If you'd like to read more about factor V Leiden in pregnancy, the following resource can help:

- **National (US) Blood Clot Alliance** – Preventing Travel-related Blood Clots: A Passport to Safety: stoptheclot.org
- **Women and Blood Clots** - pregnancy and childbirth: womenandbloodclots.org