

## POSITIVE TEST RESULTS

### TEST POSITIVE RECOMMENDATIONS

Patients who have an inherited predisposition to thrombophilia are at the highest risk for venous thrombosis, usually presenting as:

- Deep vein thrombosis, or
- Pulmonary emboli

### PATIENTS SHOULD KNOW:

- Their actual risk for a DVT (Refer to the [Summary Chart of VTE Risks](#))
- The [signs and symptoms](#) of thromboses and that they should seek immediate medical attention if they experience any of these
- That risk factors for thrombophilia are multiplicative and that lifestyle adjustments may be necessary to decrease the risk of thromboses
- To avoid environmental risk factors such as:
  - smoking
  - oral contraceptive use
  - obesity
  - hormone replacement therapy
  - prolonged periods of immobility, and
  - unnecessary surgeries
- That they should share their test results with all of their physicians
- That prophylactic anticoagulants are recommended prior to and following surgery
- About the potential pregnancy complications including:
  - preeclampsia
  - placental abruption
  - intrauterine growth retardation
  - recurrent miscarriages
  - stillbirth
- That pregnant women, or women who are considering pregnancy, should consult with a hematologist and maternal fetal medicine specialist about possible management strategies
- That their family members may also have inherited the polymorphism and be at increased risk for thromboses

### FAMILY MEMBERS SHOULD KNOW:

- Their actual risk for thromboses
- The signs and symptoms of thromboses
- That they can pursue genetic counseling, and possibly testing.